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January 2020
DHS15

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Middle East

Your healthy start to 2020

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- + Moroccan roast lamb

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midweek
meals

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.....

DINING
VOUCHERS AND
GOURMET
HOTEL STAYS

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from your roast**

**One chicken,
three fuss-free meals**

REVIEWED: Kayto + Soul Street | Tried & tested recipes | Budget superfood swaps | Island dining in the Maldives

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ALBA TERRACE

Immerse in the culinary shores of the Mediterranean as the days transcend to night.

By Tom Aikens



Game
Changer

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Welcome to January!

2020 is here! After a month of indulging in every festive treat that caught my eye, I'm tossing my elastic waistband trousers and subscribing to a gym membership to shed the extra pounds.

I'm not one to make New Year resolutions and take each month as it comes. But this year, I'm hoping to cook more and can't wait to try our selection of midweek meals (page 30) and vegan batch cooking dishes (page 32) to get me through busy weeks. I tend to spend most of my weekends in, during the month of January. If you're like me, skip takeout, turn to page 40 and give these brunch recipes a go.



As for getting back on the health bandwagon, I have already made a few tweaks to my diet – thanks to *The Game Changers* documentary on Netflix – and will continue to reduce my meat intake (turn to page 60 for meat-free meals) and eat seasonal produce (page 44) as much as possible. If you're looking for more inspiration, head to our 'Health' section.

Whatever your resolutions may be, make sure you remember to be mindful, take time out, and travel. Get inspired with our culinary adventures in France and Maldives.

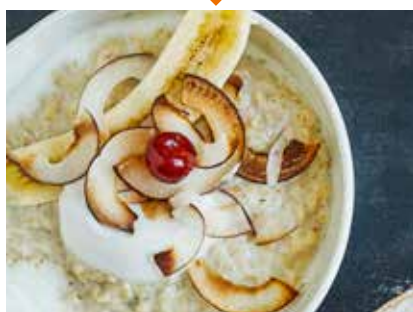
Here's to an incredible year ahead.

Nicola Monteath

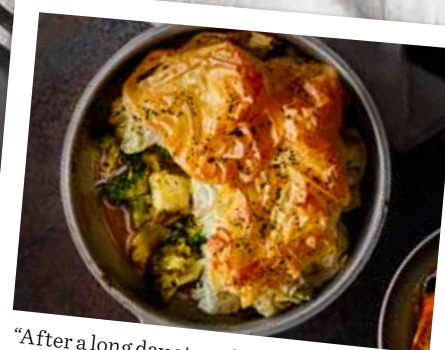
WHAT WE'RE LOVING!



"I love a good salad packed with textures and flavours. This soft polenta with roast squash, kale and hazelnuts is a great way to consume seasonal produce," says sales executive, Liz.



"This vibrant antioxidant-packed porridge will be a great upgrade to my usual work-desk breakfast," says Online Editor, Glesni.



"After a long day at work, I enjoy a hearty meal. The curried chicken pie is a healthy option and I can take leftovers for the next day's work lunch too," says graphic designer, Froilan.



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Contents

★ UPDATE

4 YOUR SAY

We love hearing from you, so why not write to us with your views and comments.

6 NEWS NIBBLES

The latest food news from across the region.

8 FLAVOURS OF THE MONTH

The best restaurant offers in Dubai.

12 TRIED & TASTED

Each month, we review two of the city's top tables.

19 CHEF INTERVIEW: NIKOLAOS KOULOUSIAS

Everything you need to know about the wedding menu Prince Harry and Meghan Markle chose for their special day.

★ EASY

24 PORRIDGE TOPPERS

Four vitamin- and antioxidant-packed oatmeal toppings.

26 EASIEST EVER MIDWEEK MEALS

Budget-friendly meals the family will love, including a delish stroganoff tagliatelle with sausage.

28 BUDGET MEALS FOR ONE

Two dishes to cook up for yourself - they also make great hearty work lunches!

30 MIDWEEK MEALS

Simple dishes that are ready in less than 15 minutes.

32 VEGAN BATCH COOKING

Comfort food that's healthy and satisfying.

34 LIGHT SUPPERS

Choose from these two nourishing simple-to-make dishes.



32

★ WEEKEND

40 BEST OF THE BRUNCH

Good Food contributing editor Dan Doherty cooks up an indulgent dish.

42 CHINESE TAKEAWAY

A popular online recipe and takeaway dish gets a makeover.

44 SEASON'S BEST

Make the most of winter produce with these fresh, nutrient-rich recipes.

53 GET THE MOST FROM YOUR ROAST

One chicken, three fuss-free dishes.

56 COCONUT DREAM

Flavour-packed coconut dishes to impress family and friends with.



44

★ FAMILY MEALS

60 MEAT-FREE FAMILY MEALS

Get your little ones in the kitchen to create these veggie dishes.

★ HEALTH

68 HEALTH NEWS

Top tips for wellness and staying in shape.

70 5 SUPERFOOD SWAPS

Healthy budget swaps and a salad recipe for some inspiration.



60

★ GOURMET LIFESTYLE

74 IDYLIC ISLAND DINING

Explore Anantara Kihavah Maldives and its range of dining experiences.

80 PAYING FROM AGE TO TRADITION

A culinary journey through France, plus a recipe to try at home.

★ COMPETITIONS

84 Dining vouchers, hotel stays and more up for grabs.



Our recipe descriptions

V Suitable for vegetarians.

❄ You can freeze it.

❄ Not suitable for freezing.

Easy Simple recipes even beginners can make.

A little effort These require a bit more skill and confidence – such as making pastry.

More of a challenge Recipes aimed at experienced cooks.

Low fat 12g or less per portion.

Low cal 500 calories or less per main.

Superhealthy Low in saturated fat, 5g or less per portion; low in salt, 1.5g or less; and at least one of the following: provides one-third or more of your daily requirement of fibre, iron, calcium, folic acid and/or vitamin C, or counts at least one portion of your recommended 5-a-day fruit and veg.

Good for you Low in saturated fat, low in salt.

Heart healthy Low in saturated fat, with 5g or less, and low in salt, with 1.5g or less, and high in omega-3 fatty acids.

1 of 5-a-day The number of portions of fruit and/or veg contained in a serving.

Vit C **Iron** **Omega-3** **Calcium** **Folate** **Fibre**

Indicating recipes that are good sources of useful nutrients.

GLUTEN FREE Indicates a recipe is free from gluten.

Some recipes contain pork. They are clearly marked and are for non-Muslims only. Look for this symbol:

P Contains pork.

gf YOUR SAY

We love hearing from you!

gf star letter



The festive issue perfectly reflects the spirit of the season. No doubt about it, the magazine is colourful and it's all very seasonal. I enjoyed all the recipes for the holidays, but I think the White Forest Christmas Tree Traybake was the most unique. Also, I will definitely be making the Twisted Spiced Bread with Honey and Tahini bread.

Dimah Riyad



Who doesn't love Christmas treats?! This is the one time of year when you're allowed to go overboard to treat your family with goodies, celebrations, and family time. This season brings all the joy on everyone's face, be it a kid or a grown up. The recipes and the ideas to decorate your home and enjoy the getaway were the best. By far my favourite issue of the year!

Sandra D'souza



I loved the Veggie Crowd Pleasers recipes. I've tried to choose veggies over meat recently, so it was great that those recipes were sent to me. I am stocking up on ingredients and they will definitely be on our table this holiday. Thank you BBC Good Food.

Mihaela Mirela Dragomir





WIN!

The winner of the 'star letter' this month will receive a **Dhs500 voucher to spend at Tavola stores**. As one of the leading retailers for kitchen and bakeware in the region, Tavola is on a mission to bring people closer to food and their loved ones. Everyday, the brand hosts a variety of workshops and demonstrations which aim to feed your love for food. Visit **tavolashop.com** for more details.



TALK TO US!

Email us on feedback@bbcgoodfoodme.com with your thoughts and comments, and send us your photos with your copy of BBC Good Food ME!

You can also connect with us on social media! Find us on:     @bbcgoodfoodme

Or, you could write to us at: The Editor, BBC Good Food Middle East, Grosvenor Business Tower, Barsha Heights, Office 804 PO Box 13700, Dubai, UAE.



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NEWS *nibbles*

What's hot and happening in the culinary world, in the UAE and across the Middle East



LOCAL F&B OUTLETS TO TAKE CENTRE STAGE AT EXPO 2020

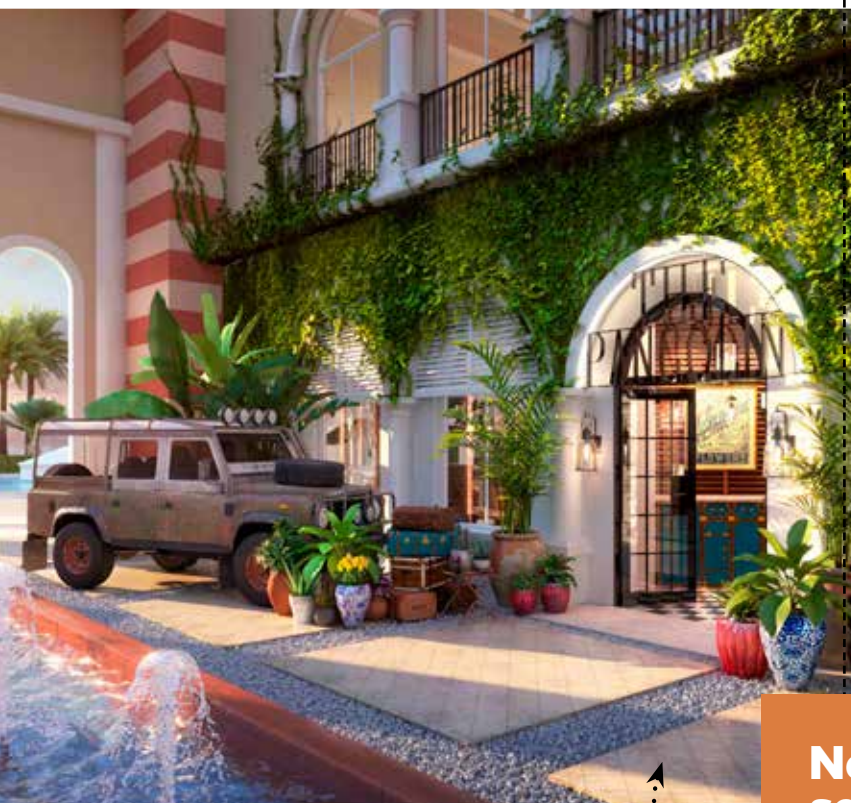
A selection of UAE-based cafés, restaurants and food trucks are set to be showcased at Expo 2020 Dubai, offering millions of visitors the chance to taste varied cuisines from homegrown brands.

With more than 200 nationalities calling the UAE home and almost 16 million visitors to Dubai in 2018 alone, it is no surprise that the local food scene reflects a vibrant melting pot of cultures. The UAE-based cafés, restaurants and food trucks chosen to share their dishes are no exception, spanning influences from Lebanon to India and the Philippines to Ireland.

Enjoying great popularity among Emiratis and expats, these small and medium-sized eateries, mostly homegrown and family-run, offer comfort and consistency and have been selected for their quality and longevity in the UAE.

Local favourites that will have outlets at the show include classic Dubai brands Arabian Tea House; Al Farwania; Seashell Cafeteria; Dampa Seafood Grill; Lebanese stalwarts Al Reef Bakery and Al Khabbaz; and Firas Sweets, which is renowned for its traditional Middle Eastern dessert, kanafa.

The six-month spectacular, taking place from 20 October 2020 to 10 April 2021, will also feature a variety of Al Samadi's concepts, such as Hummus Spot, Rogue Coffee and Twisty Treats. In addition, there will be some fun and novel brands, such as Saj 2 Go, which serves a type of baked bread that dates back centuries; Doh, a coffee and doughnut specialist; Flower Café; and the camel milk-inspired Majlis Café. Expo 2020 will also welcome the iconic The Irish Village, showcasing authentic Irish food and traditional entertainment.



New lifestyle destination set to open at The Els Club

Renowned restaurateur Sergio Lopez and Australian chef Troy Payne have joined forces to create The Pangolin – a lifestyle destination set to open in early 2020.

An extension of The Els Club in Dubai Sports City, the 60,000 square-foot site will include a purpose built complex that sprawls across two floors. Inside, guests can expect to find relaxed and casual restaurants and bars, and a state-of-the-art leisure facility, which will include a fully-equipped gym and outdoor pool for both adults and kids.

On the menu, The Pangolin combines vibrant dishes with an African twist on traditional European flavours. The venue will feature a ground-floor restaurant and casual bar, which will be open all day for breakfast, lunch and dinner, in addition to a deli serving homegrown, homemade produce, plus an on-site bakery and patisserie. Its first-floor restaurant and stunning bar and lounge will be open for lunch and dinner, and will serve a unique drinks list and special weekend food offerings.

Built on the concepts of heritage, nostalgia and belonging, The Pangolin will focus on the community spirit and connecting people through real, honest and simply put, good food. It will be the perfect place to disconnect and reconnect with friends and loved ones throughout the week and in to the weekend.

THE BEST BITES



Frico store opens at Dubai's Global Village

Dutch cheesemaker, Frico, has opened its first ever store at Dubai's Global Village.

Offering an exclusive variety of a dozen cheese types, from the soft and creamy gouda to the mild and mellow edam and the bold old dutch master, the Frico store – located at the European Pavillion – is sure to entice cheese lovers from across the emirate.

There will also be a selection of baked goods served up to transport guests to a traditional Dutch farm with their first bite, alongside a selection of sandwiches, pretzels and indulgent cheese toasties.

Authentic Dutch recipes including kaasbroodjes (cheese rolls) and kaasstengels (cheese sticks) are all made using Frico's broad and nutritious selection and will also be available to pick up at the store.

Visit the Frico store at Global Village's European Pavillion. Open now until 4 April 2020.

Marks & Spencer launches food delivery app



Marks & Spencer have launched a food delivery app, in a bid to provide a digitally convenient shopping experience to its loyal customers across various areas of Dubai.

At present, the app allows customers to order fresh and frozen groceries, plus bakery items. The brand describes these

as their "hero products" which are favoured by customers, but are calling for Dubai residents to get in touch with their app requests via email at food@marksandspencerme.com

As with many online retailers in Dubai, M&S has adhered to the demand for fast-delivery across the emirate. The brand has confirmed that if a customer orders before 2pm it will be a same day delivery; orders after 2pm will be next day delivery. They are currently unable to offer exact time slots, but a member of the team will contact the customer to confirm the scheduled delivery. The delivery times are between 9am and 9pm daily.

Currently the app permits deliveries to customers who live in The Meadows, The Springs, Emirates Hills, Jumeirah Islands, Jumeirah Village Circle or Jumeriah Village Triangle, but there are plans to roll out accessibility to residents in other areas soon.

The app is available to download for free on both Android and iOS devices. Happy shopping!



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Flavours of the month

Here is what's hot and happening around town this month.

New on the block

👉 Chingon Dubai

This modern Mexican eatery sited in Business Bay is about to become the talk of the town. The open-air terrace restaurant is a feast for the eyes, with marble-lit feature walls, ropes exuding a natural, earthy vibe, design elements that steal a glance, and a DJ that livens up the mood as you dine. The chef has given traditional dishes an Asian twist, with chillis playing the lead role. Signature specials include the Mexsechuan chicken with arbol chilli and the El Dorado (served with 24k gold leaf dust and shaved truffle). Keep your eyes peeled for a comprehensive review next month. Contact 04 873 3377



Chingon Dubai



👉 Reif Japanese Kushiya

For a relaxed weekend breakfast with a twist, head to Dar Wasl Mall to dine at this hotspot. Chef Reif is now serving up Wa Cho Shoku, which translates to traditional Japanese breakfast, and features six bento breakfast trays. Take a seat out on the terrace or indoors, where it's calm and relaxed before you peruse the menu. Some of the highlights include the Yasai Ramen Gozen with thin udon noodles, mushroom dashi, fried egg and iceberg wafu; Reif's Singaporean Nasi Lemak with

fried chicken wings, sambal, fried anchovies, peanuts and a fried egg; his version of the avocado toast with fork-mashed avocado; and yuzu yoghurt granola chai. We highly recommend the Sake Gozen (Tender miso salmon placed atop white rice, with a side of miso soup, iceberg salad and a Japanese layered omelette) if you're craving something savoury, and the Kaya toast, for a sweet start to the day. The thick toast is topped with a creamy, sweet coconut jam and generous slices of butter. Eat it with the accompanying onsen egg (silky, soft half-cooked yolk) served in a broth that you slowly mix with soy sauce.

Fridays and Saturdays from 9-11:30am. 04 3450761

👉 The Restaurant, Address Downtown



Fridays from 1-4pm. Dhs295 per person inclusive of soft drinks, Dhs395 inclusive of beverages and Dhs595 for the premium package. Contact 04 888 3444

For traditional British offerings, head down to the hotel on a Friday for the Britannia brunch. Sing along to greatest hits from The Beatles, Queen, Elton John and more, while you tuck into a selection of mouthwatering dishes. Post-brunch, head to Neos for special offers.



👉 Tokyo Vibes, Soho Garden

Situated within Soho Garden is Tokyo Vibes restaurant and bar, a refined setting with a wild side. Sip on exquisite concoctions and relish fresh sushi alongside Japanese delicacies, as the party gets livelier through the night. An

experience for all the senses, each night features the very best in bohemian and melodic, deep and commercial house music as spectacular Japanese murals adorn the walls. Contact 052 388 8849



👉 **Ketch Up, Bluewaters Dubai**

Health-conscious diners can tuck into an extensive selection of nutritious breakfast options including the Breakfast omelet with smoked salmon and cream cheese, Avo toast with runny poached eggs, organic oats cooked in coconut milk, and a granola bowl with Greek yoghurt and berries. For a substantial offering, opt for the Wake Up Burger that showcase the signature Ketch Up bun with scrambled eggs, beef bacon and eggs benedict with smoked salmon, zucchini and buttery hollandaise sauce. Feeling adventurous? Try the Russian signature breakfast dish Syrniki; cottage cheese pancakes served with sour cream and fresh fruits, or savour the Mexican quinoa with poached eggs and avocado.

Contact 050 750 7424

👉 **Social by Heinz Beck, Waldorf Astoria Dubai Palm Jumeirah**



Enjoy the Best of Social with a three-course set menu. Get a taste of Chef Heinz Beck's signature dishes with a contemporary twist. On the menu is a melt-in-your mouth Fagottelli carbonara

starter, followed by a juicy beef tenderloin seasoned to perfection, with potato salad and bell peppers on the side. End with the renowned Raspberry 1.1 dessert course, which will enliven your palate with 11 different textures of raspberries.

Dhs199 per person, every Wednesday. Contact 04 818 2222



👉 **Avli by Tashas, DIFC**

Discuss boardroom matters over a business lunch at Avli by Tashas. Nestled in the heart of DIFC, this hotspot is a great retreat from work, for meetings or catch-ups with colleagues and friends. The menu offers a selection of starters and mains that are true to its Greek inspiration. Beginning with an array of light "mezedes", guests can choose from a Greek Salad, Beetroot Dip, Cauliflower Flatbread

or Crispy Calamari. For mains, choose from a classic Chicken Gyro, Greek Goddess Salad, Lamb Bifteki or the signature grilled or crispy fried Seabass. Dhs130 per person. Visit avlibytashas.com



👉 **La Serre, Vida Downtown**

La Serre, an award-winning restaurant celebrating French culture and flavors, has launched Nuits de Jazz. On Friday evening, contemporary jazz duo, Olga and Ade, play some of your favourite tunes as you enjoy the ambience and transformation of the restaurant – it will be bathed in a chic red glow. The evening begins with a complimentary amuse bouche and glass of a sparkling beverage. Diners are then

escorted to their candlelit table, accented with a signature rose, from local florist, Maison des Fleurs. Order your favourite a la carte menu offerings including dishes such as Beef Tartare, Scottish Salmon Fillet with Fresh Herbs & Confit Lemon and Pain Perdu, amongst others. Contact 04 4286 969

👉 **Beluga, Mandarin Oriental Jumeirah**



The only caviar dedicated restaurant in Dubai is celebrating Russian Christmas with a lavish spread. Caviar-lovers can treat themselves and loved ones to an impressive selection of caviar dishes including the Marinated Smoked Salmon Tsar Alexei served with Royal Baerri, a decadent Golden Christmas

(the Golden Cigar with Royal Baerri Caviar) and the Three Kings; a rich three-caviar tasting experience that comes complete with blinis, sour cream, chives and cream infused with lemon zest. Do try the delectable festive beverages on offer too.

January 7th. Contact 04 340 8882

👉 **FireLake Grill House & Cocktail Bar, Radisson Blu Hotel, Dubai Waterfront**



This American-inspired eatery has plenty on offer for diners. Head there for the SHE Nights Wednesday Ladies Night for an unbeatable offer on food and beverages. Daily 'Sunset Sessions' a showcase a thoughtfully-crafted menu of small plates and beverages to unwind, socialize, and connect over, as Dubai slips into the beautiful evening and the city of lights awakens. The family-style Friday backyard brunch features sumptuous seafood platters on arrival and makes for a great spot to enjoy barbecue grills. Contact 04 249 7800



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eat out

abu dhabi

Dining deals and happenings in the capital this month.



SAYAD, EMIRATES PALACE ABU DHABI

Head over to this brand-new Friday evening brunch, where oysters are the star of the show. Explore the oyster and its myriad of creative culinary takes at this decadent feast of freshly shucked oysters on the luxurious al-fresco terrace. Chef Johannes will treat guests to an oyster bar and a selection of hot and cold creations, while the master pâtissier will give your meal a special ending with a 24-karat gold ice cream dessert.

Friday from 7-11pm. Dhs395 inclusive of soft drinks, Dhs495 for beverages and Dhs595 for the premium package. Contact 02 690 7999



AT25, MARRIOTT DOWNTOWN ABU DHABI

Looking for a sumptuous weekend breakfast? Head over to this restaurant nestled on the 25th floor, to indulge in the a la carte menu featuring dishes such as smoked salmon, Nutella pancakes, crunchy French toast, grilled banana and toasted brioche, and fresh fruit salads. Relax, tuck into good food and take in the views of the capital's city scape.

Friday and Saturday from 9am until 3pm, with access to the rooftop pool. Contact 04 304 7777



MARKET AT EDITION

After a long week at work, make a beeline for this evening brunch on a Thursday night. Spearheaded by Michelin star Chef Tom Aikens, the interactive style brunch blurs the boundaries of traditional and al fresco dining. There is also an appreciation of being health conscious, with unique experiences for diners. Expect fresh, organic ingredients and signature favourites such as the Bulgogi Beef Skewers, Smoked Salmon Pizza and the Market Green Earth Burger, while enjoying the theatrics of live cooking.

Every Thursday from 6pm -10pm. Dhs199 inclusive of the soft drinks and Dhs299 per person for the beverage package. Contact 02 208 0000

Tried & tasted

Each month, we review two of the city's top tables.



Reviewed by **Glesni Holland**
Online Editor, BBC Good Food
Middle East

Where?

KAYTO, JUMEIRAH AL NASSEEM

Dining experience: Dinner

What's it like? Nestled in the heart of Jumeirah Al Nasseem with uninterrupted Burj Al Arab views, KAYTO is the latest pop-up concept to open at the stunning beachfront hotel. Now open until March 2020, the restaurant offers an exotic blend of Peruvian and Japanese cuisine, known as "Nikkei", under the watchful eye of chef Cristian Goya. It's a quiet Sunday evening when we visit, and we jump at the chance to take a seat on the restaurant's expansive terrace under the stars now that the weather permits it. Tables are low with blush pink armchairs, and the chic aesthetics continue into the main restaurant indoors, too – with low-hanging lantern fittings, polished granite surfaces and gold chrome finishes.



What are the food highlights?

Designed to embrace sharing, chef Cristian's menu features everything from fresh ceviche and special sushi rolls, to robust meat dishes, showcasing a range of authentic flavours from both Japan and South America, such as miso, yuzu, truffle and lime. We opt for the tasting menu, which is priced at Dhs410 per person, and entitles us to two starters, one main course, a side and dessert per person.

We begin with a selection of starters, and try the yellowtail sashimi with jalapeños, seabass sashimi with dried miso and yuzu juice and the salmon tataki with miso karashi sauce. The salmon tataki comes out on top, with that oh-so-moreish miso sauce that we promise you're going to love. But the star of the starters show is undoubtedly the tuna tartare; served on four rectangular crunchy-on-the-outside, soft-on-the-inside rice cakes, topped with spicy raw tuna and a thin slice of green chilli. The contrasting textures and mixture of hot and cold ingredients work perfectly alongside each other, providing a well-rounded dish that packs flavour and a welcome hint of spice, and leaves us wanting more. It's a must-try!

For mains, we try the saikyo miso black cod, which utilises sweet white miso – often made with just a small selection of ingredients and leaves a silky, sweet glaze on the fish. It's light and flaky, the sign of a well-cooked dish. We'd recommend trying it alongside the coriander rice with shrimps and lime from the side dish menu, as the fish is served alone. We also try the wagyu beef tataki, which is well-seasoned and goes perfectly with the miso caramelised eggplant (the second side dish on the menu.) Though



slightly short of side dishes in my opinion (there are just two on the menu to choose from) both dishes impress, with the soft, sticky cubes of eggplant standing out as the winner for me.

To finish, diners are invited to pick their sweets from the restaurant's a-la carte dessert menu. We opt for the cheesecake brûlée, which is served with a beautifully golden, crispy burnt topping, and a hearty helping of refreshing mandarin sorbet. For a slightly heavier option, we'd recommend the red fruit crumble and vanilla ice cream; hot, gooey fruit compote is topped with a crunchy crumble mix and a dollop of vanilla ice cream that seeps through the topping into the main filling for the ultimate comfort dessert. Perfect for these cooler winter nights.

The bottom line: Japan meets Peru in this chic, fine-dining concept – and we think it works. It's just a shame it won't be sticking around as a permanent Jumeirah fixture.

Want to go? Call +971 4 432 3232 or email restaurants@jumeirah.com.



Reviewed by Nicola Monteath
Acting Editor, BBC Good Food
Middle East

Where?

SOUL STREET, FIVE JUMEIRAH VILLAGE

Dining experience: Dinner

What's it like? This vibrant, bustling restaurant is perched on the fifth floor of the hotel and is filled with character. Take a seat outdoors on the terrace, if the weather permits, or soak up the ambience indoors. The interiors are segregated by design elements native to various countries and regions – a tuk tuk and paintings to resemble India; cherry blossoms for Japan; Parisian boulangerie for France; Pablo Escobar for Latin America, and graffiti with a bar plonked in the centre for that European city vibe. My dining partner and I sat on the large swing chair in the Arabian area, taking in the view of the surroundings while people watching. A mix of couples and families were out that evening, making it a great spot not only for date night, but large gatherings too.

What are the food highlights?

The menu is brimming with street food classics from across the globe. A large tabloid-style menu is handed over to diners, split into sections for salads and cold small bites, hot small plates and big bites, under various countries and regions.

The meal began with Raj Kachori; a light, fluffy semolina shell with pumpkin mash, sweet yoghurt and a mix of chutneys – a great twist on the otherwise heavy classic version. For a quick bite, order the lip-smacking chicken satay or the tostones. Fried plantain is topped with black beans, pico de gallo, chipotle aioli and pickled cabbage and cheese – ideal for a pop-in-your-mouth snack while you quench your thirst with the vast beverage selection. Rice-lovers have to try the creamy curd rice served with flavoursome shrimps and a spice-marinated onion mixture.

If you're dining with children, or just a fan of chicken tenders, don't miss the Franco. Lightly breaded, tender chicken pieces are served like fries, with mustard and bbq sauce to dunk into. For something a bit more substantial, we highly recommend the Bombay Bhaji



Pav. After months of not indulging in this classic specialty, I was excited to try chef Jagjit's version. It was everything I hoped for to sate my cravings. The bhaji comprises buttery mashed potato cooked with spices, and is served with onions, lime and pav (buttered buns) on the side. The first bite itself took me right back to my visit to Bombay.

Another highly recommended main course is the beef bao. Three pillow-textured soft buns are filled with rice, slaw and a delectable minced beef mixture coated with a typical dark

Asian sauce. The staff are happy to help with recommendations, and we were told to try the tacos el trio. Three colourful tacos – made with charcoal, cilantro, and paprika – are served with various fillings. Bite into the crisp shrimp taco before trying the chilli chicken-style filling, and meat-based option.

The bottom line: An impressive menu for those who want an introduction to street snacks across the globe.

Want to go? For reservations, contact 04 455 9989.

GET READY FOR THE BURNS SUPPER GALA DINNER

Hilton Dubai Jumeirah will be hosting their annual Burns Supper Gala Dinner for the third consecutive year. Chef Steven Smalley gives us a glimpse of this month's menu and trends to look forward to in 2020



With 25 years of experience, Steven Smalley has built his culinary career both locally and internationally. His prowess can be credited to working with gastronomic destinations such as Atlantis The Palm and Madinat Jumeriah. His extensive practical knowledge and impressive skillset has allowed him to embark on this culinary journey from his home country of England, where he took up positions in London, Lincolnshire, working with the prestigious Crowne Plaza brand, followed by a series of posts in both Ireland and the Netherlands.

Tell us more about the special menu you have curated for the Burns Supper Gala dinner?

We have compiled a three-course set menu using traditional influences from Scotland and flavour combinations, with clean presentation and focus on handpicking all the ingredients. For starters, guests will be able to enjoy traditional Haggis served with Pea Cannelloni soaked in a rich broth, while for main course, Braised Beef Short Ribs will be served with a side of Scottish potato cake, charred broccolini and roast curried cauliflower. End with lemon posset sprinkled with raspberry and Scottish shortbread.

For guests who prefer the vegetarian option, we will be offering roasted pumpkin and pea cannelloni served in a rich broth and Pan-Fried Millet Cakes for the main.

Where did your inspiration stem from?

We have been hosting Burns Supper Gala dinner at Hilton Dubai Jumeirah for three consecutive years and I have personally enjoyed working with Scottish expats, here in Dubai, to create the menu each year. It was also really interesting to learn about all the spirit and culture of Scotland that is around the Haggis – the star dish of every Burns Supper. Having this in mind while creating the menu, I sourced all the original ingredients and seasonings all the way from Scotland, aiming to offer diners a culinary journey to the country.

Vegan food has been on the rise in the UAE. How are you catering to these dietary requirements at Hilton Dubai Jumeirah?

All our key Food and Beverage outlets including Trader Vic's, Wavebreaker Beach Bar and Grill, and BiCE ristorante have been offering vegan



dishes on their menu since January 2019. My aim when creating vegan dishes is to keep those menus in line with their cousin restaurants. Hence, in BiCE, you are able to enjoy vegan pasta and even vegan tiramisu, while in Wavebreaker you can have juicy vegan meatballs. Our diners are pretty impressed with these offerings and we keep modifying our regular dishes to make them vegan too. It does take a lot of trial and error, but we practice to perfection. It's a great challenge that I enjoy with my team.

What can diners look forward to in 2020?

My main focus during 2020 will remain on sustainability and promotion of local suppliers and vendors. The latest trends are focused on healthier, mindful eating, sustainable foods and lifestyles. Diners expect cooking with that mindset, and food which is fuel not only for their body, but mind and spirit as well. I've also noticed that diners seem to be leaning more towards interactive dining experiences and are showing a huge interest in learning about dishes and preparation methods. I strongly believe we will see more chef's tables, personalised tastings

sessions and cooking classes, which I am excited about. I also think tradition will remain important in 2020 – foods that represent personal and shared histories and food that keeps inspiring – just what we are seeing with our annual Burns Supper Gala.

MAKE A RESERVATION

Gather family and friends and head to the beachside garden venue at Hilton Dubai Jumeirah for the 2020 Burns Supper Gala Dinner. The hotel will celebrate Burns Night and the life of the Scottish national bard, Robert Burns! Held on the anniversary of his birth, these celebrations were originally started by some of Burns close friends a few years after his death and now Burns Night is celebrated across the world each year. His life and works are commemorated with songs, recitals and tributes and a hearty feast, including the renowned haggis. This is also the only Burns Supper in Dubai featuring live Ceilidh band - Bahookie, flown in all the way from Glasgow.

*January 24th from 7:30pm-1am.
Dhs495 per person inclusive of free-flowing beverages for four-hours.
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A FRESH TAKE ON GREEK CUISINE

Chef Mark Taquet at Opso Dubai reveals why this modern Greek eatery is worth dining at with family and friends



Irish-born chef Mark Taquet has worked within the F&B industry for more than 20 years mastering his craft working in some of Dublin's top hotels and restaurants. Mark was previously the creative leader for F&B concepts and brands in the UAE, and was part of the design and project management phase of large kitchen operations for multiple companies.

What can diners expect at Opso in 2020?

We aim to please our customers through the three food experiences and tailored service available here at Opso Dubai. I constantly speak with our guests who return, to try the different menus on offer within Opso Social (our café), Opso Dining (main restaurant) and Prive (shisha lounge). If you want to come and try the best of modern

Greek cuisine with dishes made from ingredients produced by carefully hand-selected artisanal producers from Greece, we are the place to go.

Three outstanding dishes diners have to try from the menu.

We have revamped up our menu options here at Opso Dubai. Diners have many amazing dishes to choose from, but my favorites would have to be the fresh watermelon and feta cheese salad. The flavor combination is amazing and guests love how it is served - a definite Instagram shot.

The grilled lamb rack with trahana sharing platter is one of the favourites too. Trahana is one of the oldest foods in the Mediterranean, a small pebble shaped grain that varies widely all over Greece. We use a sour trahana and its cooked similar to a risotto, with wild

mushroom and black truffle. This is an example of the modern twist Opso Dubai puts on traditional Greek dishes. The dish is finished with artisanal Greek graviera cheese, which adds a sharpness to the dish.

Lastly, our 24k Rochet has to be the showstopper of all meals. We spent a lot of time selecting the best chocolate, hand-selected walnuts and make our own vanilla and Tonka bean ice cream. I don't want to give much away, but when you dine with us, it's a must-try dish.

Will you be bringing forth your international and Asian influences to seasonal menus?

Since joining Rafid Gourmet as Corporate Executive Chef, I have been very lucky to work alongside two great mentors. When you combine the passion, vision and drive of our managing partner, Faisal Al Mandil, from Rafid Gourmet (a wholly-owned subsidiary of Rafid group), and chef Nikos Roussos, a two-Michelin star chef who created the Opso brand in Marylebone, London, it is a great privilege to be at the helm of Opso Dubai. Chef Nikos has a true passion for all things Greek and truly understands how the right ingredients perform on a plate. Rafid Gourmet has plans to expand not only the Opso brand but new and exciting brands across the Middle East. So, in time, I will use the knowledge I have gained over the years and incorporate international and Asian Influences into new, exciting projects ahead.

Any special ingredients you will be importing or currently working with?

Opso has exclusive rights to a number of products produced for our brand. We import 50% of our ingredients from Greece which helps support local businesses. We also purchase a lot of our seafood locally. Our fish is delivered daily and reaches us direct from the sea within eight hours, which is a true testament to real Greek food. In Greece, when a meal is enjoyed together with family or loved ones, the saying goes "Kali Orexi" which translates to a heartfelt "enjoy your meal" which perfectly describes the experience of eating true modern Greek food at Opso Dubai.

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A TOUCH OF ROYALTY

We journey to Oman for an evening of decadence and enjoy a Middle Eastern twist on the wedding menu of a much-loved royal duo.

By Glesni Holland

On 19 May 2018, the world watched on as we witnessed the stunning wedding of Prince Harry and Meghan Markle at St. George's Chapel in Windsor. It was a beautiful British summers day; the sun was shining, the celebrity guests turned up in their masses and the happy couple looked every-inch in love.

There was *that* dress – designed by British designer Clare Waight Keller for Givenchy, *that* ring – custom made using one diamond sourced from Botswana and two smaller stones from Princess Diana's collection, and then – though we didn't get a glimpse ourselves as onlookers on the day – there was *that* wedding menu.

Compiled of nine-courses and required to feed 650 guests, curating this special menu was no small task for the 24 chefs assigned to work on the project brief. Among them was chef Nikolaos Koulousias; a German-born chef with Greek parents, who established his love for cooking at a young age when creating dishes from his heritage alongside his Grandmother in Greece.

During a recent visit to the Gulf, chef Niko recreated the royal menu at the Anantara Al Jabal Al Akhdar with a Middle Eastern twist, for an exclusive Royal Affairs event for staying guests and media.

"It was spring 2018, and I had just finished part of my scholarship and taken up some consultancy work in the U.K. when I was asked if I'd be interested in joining the team to create the wedding menu," he says. In no time at all, (April 2018, to be precise – just over one month before the wedding date) he began work with the team on prepping the menu and dishes.





MENU

Amuse bouche
of Omani baby hammour

Heritage tomato and basil tartare
with pomegranate & balsamic pearls

Shorbat adas lentil soup

Poached Dhofari free range chicken bound in a lightly
spiced labneh with dry apricot and pistachio

Palette cleansing rose water sorbet

Pea and mint risotto with pea shoots,
truffle oil and parmesan chips

Ten hour slow roasted veal belly
with apple compote & crackling

Coffee & lemon butter cake

Homemade chocolates
and aperitifs in the library

Anantara Al Jabal Al Akhdar Resort



named as such following Prince Charles and Diana's visit to the mountainous escape in 1986, when - overlooking the canyon and farmed terraces below - the Princess of Wales

stood and admired the view. outside the hotel grounds, colouring the landscape of Al Jabal Al Akhdar in softer shades of red and pink and turning the entire mountain range into a visual spectacle. We're lucky enough to sample the roses' delicate flavours, which are used in a rose water sorbet midway through the meal to provide a light and fragrant palette cleanser between courses.

The poached Dhofari free-range chicken is served as course four, bound in a lightly spiced labneh with dry apricot and pistachio; mirroring the very dish served at the royal wedding with exception to the local ingredients. But the star of the show for both myself and chef Niko - as his personal favourite dish on the menu, is the pea and mint risotto. A simple yet satisfying dish, and one that Meghan herself requested, will have undoubtedly been the perfect decadent menu addition on a beautiful summer's day in May.

Like at all great weddings, I'm intrigued to see what is arguably the culinary highlight of such an occasion; the cake. At Windsor, the wedding cake featured an elderflower syrup made at the Queen's residence in Sandringham from the estate's own elderflower trees, and was decorated with Swiss meringue buttercream and 150 fresh flowers. At Jabal Al Akhdar, chef Niko combines the region's love of coffee with lemon butter to create a stunning centrepiece, topped with delicate rose fondant flowers.

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"The initial brief provided by the royal office was simple enough; create dishes that were reminiscent of both Harry and Meghan's childhood," he explains. "But there was a last-minute change that required us to source all ingredients from the Windsor farm, which created challenges for the team in reworking the menu to fit these ingredients."

Of the chefs involved, chef Niko was stationed at Buckingham Palace ahead of the big day, as the group was split into two; one half tasked with preparing the Queen's pre-wedding luncheon, the other half responsible for finalising any last-minute preparations for the wedding menu.

On the day itself, stress levels had to be kept to a minimum, Niko explains. "There's no time to change anything at that point, and while there were some minor technical issues - as to be expected with a large number of guests, we got through it, and I felt better knowing my stress was shared with 23 others!" But it wasn't dietary requirements or allergies that caused issue on the day. "Instead, it was a certain famous couple, who decided last minute that they wanted all of their ingredients steamed," jokes Niko.

Home to the renowned Diana's Point, the Anantara Al Jabal Al Akhdar seemed a fitting location to host such an event. It is

stood and admired the view.

On the evening of the dinner, Omani bagpipes begin to play from the viewpoint at sundown, signalling the beginning of the royal gathering. As guests make their way to the deck to the tune of "Scotland The Brave" - a very famous, traditionally British bagpipes melody, there is already the sense of the East merging with the West to mark the occasion.

Overlooking the majestic canyon from Diana's Point, we're served a selection of canapés, including langoustines wrapped in smoked salmon with citrus crème fraîche, grilled asparagus wrapped in basturma, garden pea panna cotta with quail eggs, and croquettes of Omani baby goat confit with shallot jam.

As we move inside to begin the dinner, the local touches become more prominent. A delicate amuse-bouche of Omani baby hammour kicks things off, before a refreshing heritage tomato and basil tartare follows - using local pomegranates from the nearby trees. According to official figures, there are 27,000 pomegranate trees that contribute 3 million Omani Riyals for farmers every year.

The area is also well-known as a highland haven for roses. From March to mid-May, Damask roses bloom on the surrounding mountain slopes just



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Sunday - Thursday: 5.30pm - 12am

Taco Society in Garden

The tacos here aren't your regular kind. They come in all kinds of shapes and are so intriguingly delicious, that the team behind Garden had to create its very own Taco Society. Become part of this new exclusive society and taste your way through seven varieties of tacos, while taking in the vibrant atmosphere of this newly launched restaurant. Diners also get a complimentary taco platter and pitcher on the fifth visit.

Every Tuesday from 5.30pm until midnight. AED15 per taco

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Treat yourself to a unique Masala Library Experience - a real feast for epicureans, involves sampling small portions of all essential dishes and can be accompanied by a beverage pairing. Signature dishes include Chicken Tikka prepared three ways, Rajasthani Mutton Curry, Mushroom Chai, and Jalebi Caviar, to name a few. Don't miss the launch of the new Masala Library Friday brunch coming soon to the city's favourite Indian restaurant. Expect a specially curated menu, beverages and live DJ sets.

AED215 per person for the vegetarian menu and AED245 for the non-vegetarian signature experience menu

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AED 245 per person/set. Daily, from 6pm until midnight



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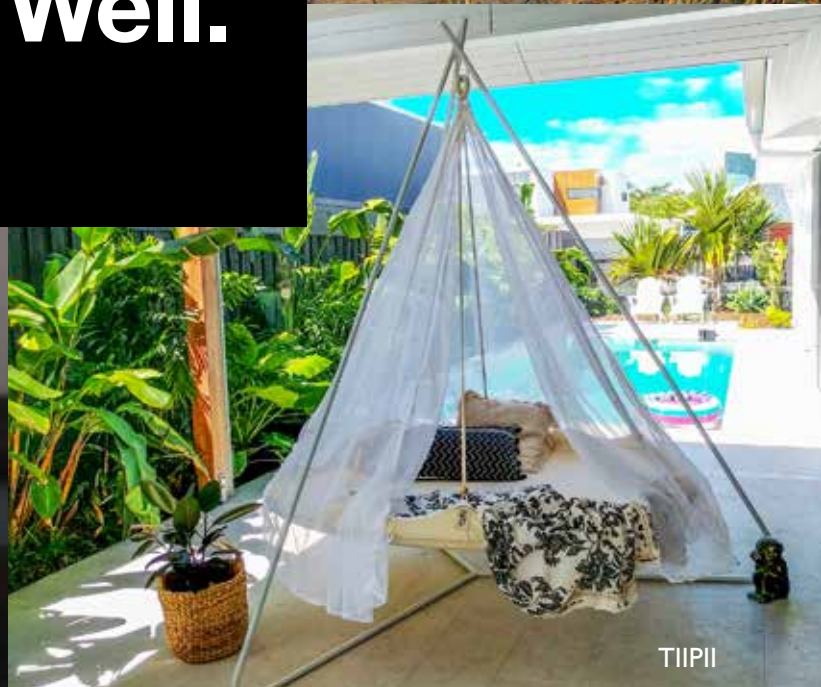


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■ vegan batch cooking page 32



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■ straight to the table page 36

fruity favourites

porridge toppers

Jazz up your morning oats with one of these tempting topping ideas

recipes CASSIE BEST photographs EMMA BOYNS



Banana colada

SERVES 2 **PREP** 5 mins **COOK** 5 mins **EASY** **V**

Make your porridge (use **coconut milk** for an extra-tropical taste). Split a **banana** lengthways and place one half on top of each bowl of porridge. Squeeze over a **little lime juice** and top with a **spoonful of coconut yogurt**, **toasted coconut shavings** and a **maraschino or glacé cherry**.

GOOD TO KNOW gluten free

PER SERVING 218 kcals • fat 17g • saturates 15g • carbs 12g • sugars 10g • fibre 3g • protein 3g • salt 0.1g

Maple squash, bacon & blueberry

SERVES 4 **PREP** 5 mins **COOK** 30 mins **EASY** **V**

Heat oven to 200C/180C fan/gas 6. Toss **200g frozen chopped butternut squash** with **2 tsp vegetable oil**, **½ tsp ground cinnamon** and a **pinch of salt**. Roast on a parchment-lined tray for 25 mins. Crumble **4 rashers crisp, streaky bacon** (the ready-cooked kind) over the squash, add a large **handful of blueberries** and drizzle with **2 tbsp maple syrup**. Return to the oven for 5 mins until the squash is caramelised and the blueberries look plump and juicy. Meanwhile, make your porridge. Top with the squash, bacon and blueberries, and drizzle with a little extra maple syrup.

GOOD TO KNOW 1 of 5-a-day • gluten free

PER SERVING 143 kcals • fat 7g • saturates 2g • carbs 14g • sugars 8g • fibre 1g • protein 6g • salt 0.9g



Plum, raisin & granola

SERVES 2 **PREP** 5 mins
COOK 25 mins **EASY V**

Heat oven to 180C/160C fan/gas 4. Halve and stone **2 plums**. Place cut-side up in a small dish and drizzle with **1 tbsp honey** and **2 tbsp water**. Bake for 15 mins. Mix **30g porridge oats** with **1 tbsp honey**, **2 tsp vegetable oil**, **½ tsp ground cinnamon**, a pinch of **salt** and a small handful of **raisins**. Squash together to make clumps (like a crumble mixture), then scatter over the plums. Return to the oven for another 15 mins. Meanwhile, make your porridge. Top the porridge with the granola and baked plums, then drizzle over any excess juice from the dish.

GOOD TO KNOW 1 of 5-a-day
PER SERVING 212 kcals • fat 4g • saturates none • carbs 39g • sugars 29g • fibre 3g • protein 2g • salt 0.1g

Vanilla poached pears with almond butter

SERVES 2 **PREP** 10 mins
COOK 20 mins **EASY V**

Peel, halve and core **2 small pears**. Mix **100g caster sugar**, the **juice of ½ a lemon** and **200ml water** in a small saucepan. Halve a **vanilla pod** and scrape the seeds into the pan, then add the pod (alternatively, use **1 tsp vanilla bean paste**). Heat until the sugar has dissolved. Add the pears and cover the surface with a circle of baking parchment (this will ensure the pears cook through evenly). Cook for 15-20 mins until the pears feel soft when poked with a knife. Leave to cool. *Can be kept chilled in the liquid for up to one week.* Meanwhile, make your porridge. Mix **1 tbsp almond butter** with enough poached pear liquid to form a drizzling consistency, then spoon over the porridge and top the bowls with the pears. Scatter with **toasted flaked almonds**.

GOOD TO KNOW 1 of 5-a-day • gluten free
PER SERVING 208 kcals • fat 11g • saturates 1g • carbs 19g • sugars 19g • fibre 3g • protein 5g • salt none



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recipes ESTHER CLARK *photographs* STUART OVENDEN

Speedy sausage stroganoff tagliatelle

SERVES 4 **PREP** 5 mins

COOK 15 mins **EASY** 

20g unsalted butter
olive oil, for drizzling
6 pork sausages
350g chestnut mushrooms, sliced
1 tsp sweet smoked paprika
300ml soured cream
½ tbsp wholegrain mustard
150ml beef stock
400g dried tagliatelle
small bunch parsley, chopped

■ Heat the butter and oil in a frying pan over a medium-high heat until foaming. Squeeze large chunks of the sausage meat out of the skins and into the pan. Cook for 5-8 mins or until golden brown. Add the mushrooms and cook for a further 5 mins until starting to turn brown. Stir through the paprika and cook for 1 min before stirring in the soured cream, mustard and stock. Bring to a simmer and season to taste.

■ Meanwhile, cook the pasta in a large pan of salted water according to pack instructions, then add to the sauce with half the parsley. Serve in deep bowls with the remaining parsley sprinkled on top.

GOOD TO KNOW fibre • 1 of 5-a-day

PER SERVING 826 kcal • fat 42g • saturates 20g •
carbs 80g • sugars 7g • fibre 10g • protein 27g •
salt 1.2g



Saag paneer kedgerree

SERVES 2 **PREP** 5 mins

COOK 15 mins **EASY** **V**

2 large eggs
1 tbsp vegetable oil
1 red onion, finely sliced
115g paneer, cut into 2-3cm cubes
2 tbsp medium curry powder
250g frozen spinach
200g cooked coconut rice pouch
½ red chilli, finely sliced (optional)

■ Bring a medium pan of water to the boil. Add the eggs and cook for 7 mins, then put them in a bowl of cold water and set aside.

■ Meanwhile, drizzle the oil in a large non-stick frying pan or shallow casserole dish. Add the onion and fry over a medium-high heat for 5 mins. Tip in the paneer and fry for 5 mins or until evenly browned and the onion is beginning to caramelize.

■ Add the curry powder and fry for 1 min, then add the spinach. Cover with a lid and cook for a few mins to allow the spinach to defrost. Uncover, add the rice, turn up the heat and cook for a few mins more or until everything is piping hot. Season. Peel the eggs, halve and place on top of the rice. Finish with a scattering of chilli, if you like.

GOOD TO KNOW calcium • folate
• fibre • iron • 2 of 5-a-day •
gluten free

PER SERVING 553 kcal • fat 32g •
saturates 14g • carbs 29g •
sugars 6g • fibre 8g • protein 32g •
salt 0.8g



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meals for one

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recipes LULU GRIMES *photographs* STUART OVENDEN

Dhal with garam masala carrots

SERVES 1 **PREP** 5 mins
COOK 20 mins **EASY** **V**

75g red lentils
1 garlic clove, peeled
knob of salted butter
2 carrots, cut into batons
1 tbsp rapeseed oil
½ tsp garam masala
1 tsp nigella (kalonji) seeds (optional)
1 tsp Greek yogurt

1 Cook the lentils in 500ml water with the garlic clove for around 20 mins until the lentils are tender. Fish the garlic clove out, crush it and stir it back into the lentils with the butter. Season well. It should be spoonable like a thick soup – keep simmering if it's not thick enough.

2 Put the carrots in a pan, just cover with water, bring to the boil and simmer until just tender, about 8-10 mins. Drain, then toss in the oil and garam masala. Tip into a frying pan and fry until the carrots start to brown, then add the nigella seeds, if using, and fry for another min.

3 Serve the dhal in a bowl with the yogurt and carrots, with the remaining spices and oil from the pan on top.

GOOD TO KNOW healthy • low cal • fibre • iron • omega-3 • 2 of 5-a-day • gluten free

PER SERVING 475 kcals • fat 19g • saturates 4g • carbs 51g • sugars 10g • fibre 10g • protein 20g • salt 0.3g



Pea & ham pot pie

SERVES 1 **PREP** 10 mins
COOK 30 mins **EASY**

100g fresh or frozen soffritto mix (or any ready chopped onions, carrots and celery)
2 tsp rapeseed oil
2 button mushrooms, quartered
2 tbsp frozen peas
1 slice of ham, cut into pieces
2-3 tbsp cream (of any sort)
1 tsp Dijon or other French mustard
¼ pack puff pastry (freeze the rest for another time)
flour (any kind), for rolling

1 Heat oven to 200C/180C fan/gas 6. Fry the soffritto mix in the oil until it softens and starts to turn golden, add the mushrooms and cook for a couple of mins. Add the peas and ham and cook until the peas are heated through. Stir in the cream and mustard, then turn off the heat. Season well and tip into a pie dish, ovenproof bowl or large shallow mug.

2 Roll out the pastry using a little of the flour until it is larger than the top of your dish. Lightly score a criss-cross pattern into the pastry. Wet the rim of the dish with water and lift the pastry on top, pressing the pastry on to the edges of the dish.

3 Cook for 20-25 mins or until the pastry is risen and golden.

GOOD TO KNOW fibre • 2 of 5-a-day

PER SERVING 545 kcal • fat 35g • saturates 15g • carbs 38g • sugars 7g • fibre 8g • protein 15g • salt 1.9g

less than 15 mins prep time

midweek meals

Simple, flavour-packed meals for busy weeknights

recipes ELENA SILCOCK

photographs STUART OVENDEN



Chinese chicken noodle soup with peanut sauce

SERVES 2 **PREP** 15 mins **COOK** 30 mins **EASY**

1 tbsp sunflower oil
4 skinless and boneless chicken thighs
1 garlic clove, crushed
1 thumb-sized piece ginger, grated
500ml chicken stock
1 tsp soy sauce
½ hispi cabbage, finely sliced

150g mushrooms
150g straight to wok noodles (we used udon)

For the peanut sauce

1 tbsp peanut butter
1 tsp soy sauce
1 tsp honey
sriracha or other chilli sauce (optional), to serve


1 Heat the oil in a saucepan over a medium heat, add the chicken and brown a little, around 2-3 mins, then add the garlic and ginger and stir to coat the chicken. Fry for a further minute, then pour in the chicken stock and soy, bring to the boil, then reduce to a simmer. Cover with a lid and leave to gently bubble for 25-30 mins until the chicken is tender and pulls apart.

2 Meanwhile, mix the sauce ingredients with a splash of water. When the chicken is ready, lift it out with a slotted spoon and use two forks to shred it on a plate. Add the cabbage, mushrooms and noodles to the pan, turn up the heat, then stir in the chicken, add a dash of sriracha, if using, and ladle into bowls. Top with a drizzle of the peanut sauce and serve.

GOOD TO KNOW low cal • folate • fibre • 2 of 5-a-day

PER SERVING 434 kcs • fat 14g • saturates 3g • carbs 25g • sugars 7g • fibre 6g • protein 48g • salt 1.9g

Swede & pancetta spaghetti

SERVES 3 **PREP** 15 mins **COOK** 30 mins **EASY** 

| | |
|--|--|
| 1 tbsp olive oil | 300g spaghetti |
| 250g swede, peeled and chopped into small chunks | 120g diced pancetta (smoked if you can get it) |
| 1 onion, roughly chopped | 2 thyme sprigs, leaves picked, plus extra to serve |
| 2 garlic cloves, crushed | |
| 40g parmesan, grated, plus extra to serve | |

1 Heat the oil in a non-stick frying pan over a medium heat, then add the swede, onion and garlic and fry for 5 mins. Cover with a lid and cook for a further 10-15 mins, stirring so it doesn't stick, until the swede is completely soft. Set aside to cool, then blitz in a food processor or mash with the parmesan and a large pinch of seasoning. Add a splash of water to loosen the sauce.

2 Cook the pasta in salted water for 1 min less than pack instructions, reserving a little of the cooking water. Meanwhile, use the frying pan you used for the sauce to fry the pancetta until crisp, around 5 mins. Add the thyme and fry for 1 min, then tip into the sauce.

3 Using tongs, transfer the pasta to the sauce, add the reserved water, and give everything a good toss around the pan, so the pasta is well coated in the sauce. Season, then split between bowls, top with more parmesan and a big grind of black pepper to serve.

GOOD TO KNOW fibre • 2 of 5-a-day

PER SERVING 663 kcal • fat 27g • saturates 11g • carbs 78g • sugars 7g • fibre 7 • protein 24g • salt 1.4g



comfort food

vegan batch cooking

Transforming a ragu into different meals is an age-old trick to reinvent leftovers, and this one is simple, plant-based and nutritious

recipes SOPHIE GODWIN photographs ROB STREETER

your base recipe

Vegan ragu

SERVES 6 PREP 20 mins COOK 1 hr EASY V*

| | |
|---------------------------------|--|
| 30g dried porcini mushrooms | 100ml vegan red wine (optional) |
| 3 tbsp olive oil | 250g dried green lentils |
| 1 onion, finely chopped | 2 x 400g cans plum tomatoes |
| 2 carrots, finely chopped | 250g pack chestnut mushrooms, sliced |
| 2 celery sticks, finely chopped | 250g pack portobello mushrooms, sliced |
| 4 garlic cloves, sliced | 1 tsp soy sauce |
| few thyme sprigs | 1 tsp Marmite |
| 1 tsp tomato purée | |

1 Pour 800ml boiling water over the dried porcini and set aside for 10 mins. Meanwhile, pour $1\frac{1}{2}$ tbsp oil into a large pan and gently cook the onion, carrot, celery and a pinch of salt, stirring for 10 mins, until soft. Remove the porcini and roughly chop. Set aside with the liquid.

2 Add the garlic and thyme. Cook for 1 min, then stir in the purée and cook for 1 min. Pour in the wine. Cook until reduced, then add the lentils, mushroom stock and tomatoes. Bring to the boil, then reduce and simmer with a lid on.

3 Meanwhile, heat a large frying pan. Add the $1\frac{1}{2}$ tbsp oil, then tip in all of the mushrooms. Fry until the water has evaporated and the mushrooms are golden. Pour in the soy and stir, then add the mushrooms to the lentil pan.

4 Stir in the Marmite. Cook over a medium heat for 30-45 mins, stirring occasionally, until the lentils are cooked. Remove the thyme and season.

GOOD TO KNOW vegan • healthy • low fat • low cal • folate • fibre • iron • 4 of 5-a-day

PER SERVING 268 kcals • fat 7g • saturates 1g • carbs 30g • sugars 10g • fibre 9g • protein 14g • salt 0.5g

recipe 1

Vegan lasagne

SERVES 2 PREP 5 mins COOK 40 mins EASY V

1 tbsp olive oil
2 tbsp plain flour
300ml soya milk
nutmeg, for grating
2 x portions vegan ragu (see left)
4 lasagne sheets
1 tbsp nutritional yeast (optional)
green salad, to serve

1 Heat oven to 180C/160C fan/gas 4. Heat the oil in a pan, whisk in the flour and cook for 2 mins. Slowly whisk in the soya milk and cook

until you have a creamy white sauce, about 5 mins. Season to taste, adding a grating of nutmeg.

2 Spoon a third of the ragu into an ovenproof dish, then top with 2 lasagne sheets followed by a third of the white sauce and a third of the ragu. Top with the remaining lasagne sheets and ragu, then spread over the rest of the white sauce. Sprinkle over the nutritional yeast, if using. Bake for 35 mins until cooked through. Serve with salad.

GOOD TO KNOW vegan • healthy • calcium • folate • fibre • iron • 4 of 5-a-day

PER SERVING 530 kcals • fat 16g • saturates 3g • carbs 60g • sugars 11g • fibre 13g • protein 26g • salt 0.5g



Shoot director RACHEL BAYLY | Food stylist SOPHIE GODWIN



recipe 2

Vegan Bolognese

SERVES 2 COOK 10 mins EASY V

180g spaghetti
2 x portions vegan ragu
(see recipe, left)
handful fresh basil leaves

Cook the spaghetti in a large pan of salted water for 1 min less than pack instructions. Reheat the ragu. Drain the pasta, reserving a ladleful of water, then toss the spaghetti in the sauce, using a little liquid to loosen the ragu slightly. Serve topped with fresh basil and some black pepper.

GOOD TO KNOW vegan • healthy • low fat • folate • fibre • 4 of 5-a-day

PER SERVING 599 kcal • fat 8g • saturates 1g • carbs 97g • sugars 12g • fibre 13g • protein 25g • salt 0.3g

recipe 3

Vegan moussaka

**SERVES 2 PREP 5 mins
COOK 45 mins EASY V**

350g potatoes, peeled and chopped
2 tbsp olive oil
½ tsp dried oregano
1 aubergine, thinly sliced lengthways
50ml soya milk
2 x portions vegan ragu
(see recipe, left)

1 Heat oven to 180C/160C fan/gas 4. Boil the potatoes in a pan of salted water for 8-10 mins.
2 Meanwhile, mix the oil with the oregano. Brush it over the aubergine and sprinkle with sea salt. Heat a griddle pan over a medium heat and cook for 3 mins on each side.
3 Drain and mash the potatoes with the soya milk, then season to taste.
4 Spoon the ragu into an ovenproof dish and layer in ½ the aubergine, followed by the mash. Brush over the remaining oregano oil, then top with the remaining aubergine. Bake for 25 mins until golden.

GOOD TO KNOW vegan • healthy • folate • fibre • iron • 5 of 5-a-day

PER SERVING 533 kcal • fat 19g • saturates 3g • carbs 60g • sugars 15g • fibre 16g • protein 19g • salt 0.3g



For more vegan recipes, visit bbcgoodfoodme.com/healthy-vegan

lighter suppers

straight to the table

Who says healthy can't be hearty? You'll feel both satisfied and nourished with these simple-to-make dinners

recipes SOPHIE GODWIN photographs ROB STREETER

Curried chicken pie

LOWCAL

IRON

2 OF
5-A-DAY

SERVES 4 PREP 20 mins

COOK 25 mins EASY

2 tbsp cold pressed rapeseed oil
500g chicken breasts, cut into chunks
4 spring onions, sliced
3 garlic cloves, grated
thumb-sized piece ginger, grated
1 tbsp curry powder
1 large head broccoli, cut into florets, top of stalk thinly sliced
1 tsp soy sauce
250ml low-fat coconut milk, plus a splash
250ml chicken stock
1 heaped tsp cornflour mixed with 1 tbsp hot water
4 large handfuls kale
4 sheets filo pastry
½ tbsp nigella seeds

1 Heat oven to 220C/200C fan/gas 7. Pour 1 tbsp oil into a flameproof casserole dish. Add the chicken, season and fry for 4-5 mins on a medium heat, turning, until lightly browned. Remove with tongs and set aside.
2 Pour ½ tbsp more oil in to the casserole dish and add the spring onions. Fry gently for a couple of mins, then stir in the garlic, ginger and curry powder. Cook for 1 min, then tip the chicken back in to the pan, along with the broccoli, soy sauce, coconut milk, chicken stock and cornflour mixture. Bring the mix to the boil, then stir in the kale. Once it has wilted, take off the heat.

3 Mix the remaining oil with the splash of coconut milk. Unravel the pastry. Brush each sheet lightly with the oil mixture, then scrunch up and sit on top of the pie mixture. Scatter over the nigella seeds, then put in the oven for 12 mins, or until the pastry is a deep golden brown. Leave to stand for a couple of mins before serving.

GOOD TO KNOW healthy • low cal • iron • folate
• vit c • 2 of 5-a-day
PER SERVING 461 kcals • fat 15g • saturates 5g •
carbs 33g • sugars 5g • fibre 9g • protein 43g • salt 1g



Moroccan roast lamb with roasted roots & coriander

LOW CAL

IRON

3 OF
5-A-DAY

SERVES 4 **PREP 15 mins**
COOK 55 mins **EASY**

½ leg of lamb, around 800g
2 red onions, cut into wedges
1 butternut squash, skin left on, cut into wedges
1 celeriac, peeled and cut into wedges
2½ tbsp cold pressed rapeseed oil
2 tbsp ras el hanout
8 garlic cloves, skin on
1 small bunch coriander
½ tsp cumin seeds
1 lemon, zested and juiced
½ green chilli, deseeded

1 Take the lamb out of the fridge while you chop the onions, squash and celeriac. Heat oven to 200C/180C fan/gas 6. Trim the leg of any excess fat, then cut a few slashes into the meat and rub ½ tbsp oil and 1 tbsp ras el hanout over the meat and season with salt and pepper. Put the onion, celeriac, butternut squash and garlic into a large roasting tin. Toss with the remaining ras el hanout, remaining oil and some salt and pepper. Nestle the lamb into the tin and put in the oven to roast for 40 mins.
2 Take the lamb out of the oven and leave to rest. Put the veg back in the oven for 20 mins. Meanwhile, blitz the coriander, cumin seeds, lemon zest and juice, and green chilli together in a mini food processor until finely chopped and vivid green.

Carve the lamb, put on a platter, then pile on the veg. Sprinkle on some of the coriander mix before taking it to the table for everyone to help themselves.

GOOD TO KNOW healthy • low cal • fibre • iron

• 3 of 5-a-day • gluten free

PER SERVING 446 kcals • fat 20g • saturates 5g

• carbs 18g • sugars 10g • fibre 10g • protein 45g •

Make your food budget go further

Frugal food blogger Jane Ashley's top tips for saving on your shopping

recipes JANE ASHLEY



Jane Ashley decided to cut her family's food budget after learning about the charity The Hunger Project's Live Below the

Line campaign, which challenges people to live on just £1 (Dhs5) a day to raise awareness of people living in poverty. She set herself the task of feeding her family of three on £3 (Dhs15) a day and set up a food blog, Eat Not Spend, to write about her progress and share her thrifty recipes. Jane says, 'I started this journey into low cost eating to find out how difficult it would be to only have £1 a day to spend on all of your food. I decided with my family to join our pounds together and try to devise a shopping list that would feed us with a varied and healthy diet, trying to include our 5-a-day of fruit and vegetables. On our first day we ran out of milk and butter and craved sweet things. Since then I've managed to add in some treats, and factor in more milk. There are some standards I won't let slip; for instance I only use free-range eggs. They cost a little more but can still be bought within the tight budget. I decided to start a blog about how we got on, mainly as a way to show other people struggling to make ends meet how they could shop on a tiny budget but still eat well. I put all the recipes on the blog up so anyone following could recreate the same meals.'

JANE'S TOP 12 TIPS TO SAVE MONEY

1 Always, ALWAYS have a list.

2 Check what you have run out of or need before you write your list. We plan what we are eating on what days and who's working late or who is going to be out, so that we only buy what we will need for that week.

3 Never go shopping when you are hungry; you'll end up buying sweets and snacks.

4 Check your prices, as supermarkets are always putting prices up and down. If it's expensive that week, don't get it. Swap in something else; be flexible.

5 Buy supermarket own brands. I've taste-tested loads and if you use them well, you can't tell the difference. Why pay £2 (Dhs10) for something that can cost 35p (Dhs1.50)?

6 If you don't trust yourself not to overspend in the supermarket, order online. That way you can't be tempted and you can see how much you are spending as you go along.

7 Buy own-brand. When shopping online, some of the budget versions won't appear unless you put in the budget brand name first, for example Morrisons is M Savers, Tesco is Everyday Value, Asda is Smart Price, Sainsbury's is Basics, Co-op is Simple Value and Waitrose is Essentials. Have a look first to see if it's available.

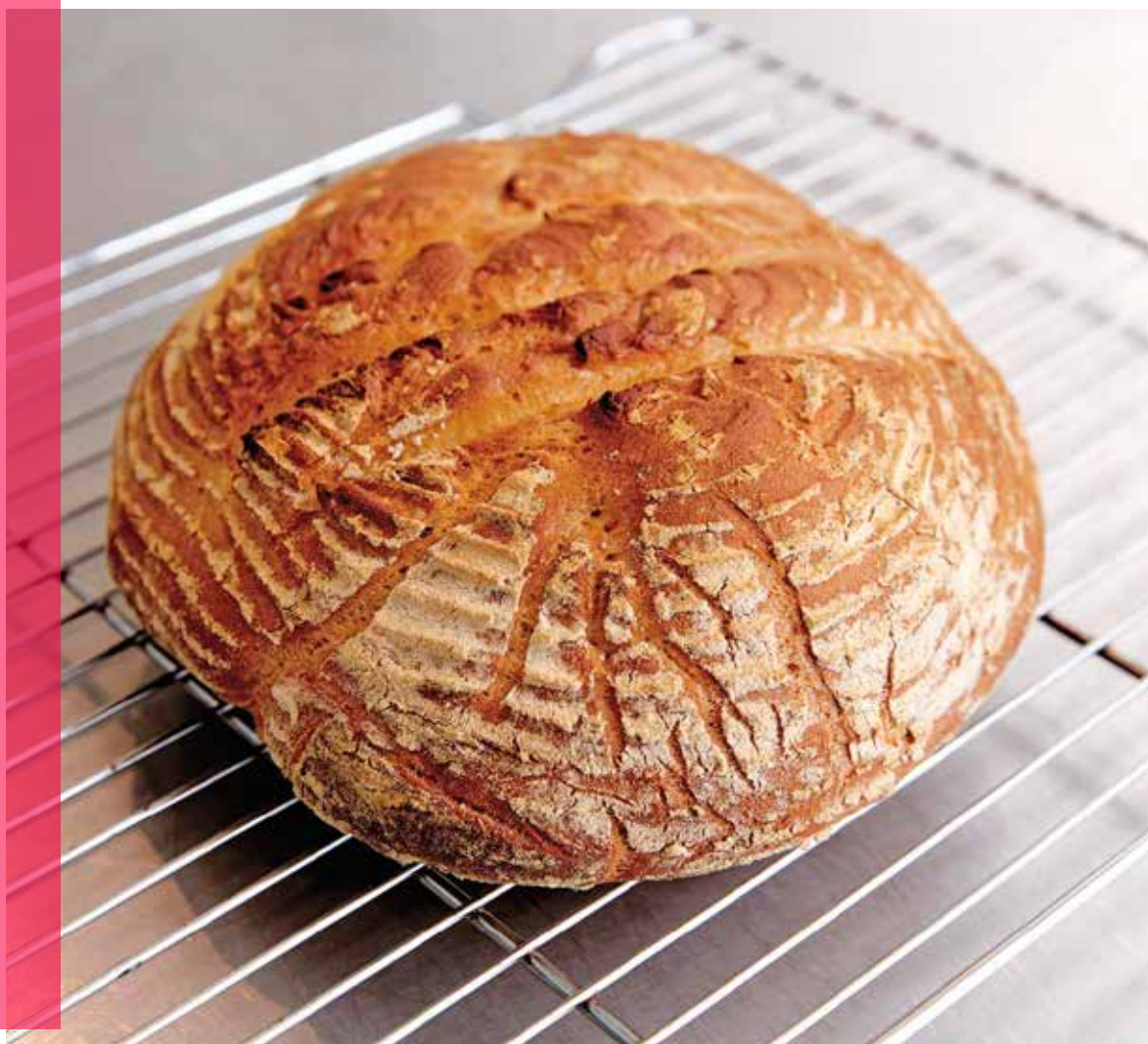
8 Don't be a slave to dates. The only date you need to worry about on food packaging is the use-by date, the 'sell-by' is for the supermarkets' own turnaround and the 'best before' is when it's at its optimum freshness, but the 'use by' is when it will go off. Sniff first if you're not sure, but don't mess around with meat or fish or you could get ill.

9 Avoid the reduced section. Some people swear by the discounted yellow-sticker items, but I tend not to bother with them. I don't normally buy the sort of products in that section: it's mostly ready-made meals and pork pies, and I don't like the sharp elbows either.

10 Your freezer is your friend. Don't waste food by letting it go off. Most of our meat will go straight in the freezer unless we're eating it the next day. Milk, bread and butter freeze well; cheese can end up a bit crumbly but it's OK for sauces.

11 Try to buy in season when it'll be cheaper, if parsnips are really cheap, get more and make soup and freeze it. I also sometimes make up packs of cooked chopped onions, carrots and celery, then freeze them ready for quick mid-week sauces, risottos and pastas.

12 Grow your own. Even if it's just a few herbs on a windowsill. We only have a small garden, so it's not exactly The Good Life but I do get great satisfaction knowing we've eaten our own homegrown food.



Simple bread

Fancy artisan bread shops are all the rage at the moment, as people are taking more interest in where their food is coming from. Although the breads in these shops are delicious, they can be very expensive. You could add olives, fruit, nuts or seeds to the dough during the folding process.

SERVES 1 loaf **PREP** 25 mins plus proving **COOK** 30 mins **EASY** **V** 

500g strong white flour, plus extra for dusting
1½ tsp salt
7g sachet fast-action yeast
3 tbsp olive oil
300ml cool water
1-2 tbsp chopped olives, fruit, nuts or seeds (optional)

1 Mix the flour, salt and yeast in a large bowl, then make a well in the centre. Pour in the oil and water, and mix together. If the dough seems a little stiff, add 1-2 tbsp more water.

2 Tip the dough onto a lightly floured work surface and knead it for 10-15 mins or until stretchy. Fold it in half four times, tip it over and place it in a large lightly oiled bowl. Cover with cling film and leave to rise in a warm place for at least 1 hr until doubled in size.

3 Take the dough out the bowl and, on a floured surface, repeat the four-times folding process. Do this three more times at 30-minute intervals, then place it in a bread proving basket (if you have one) or clean bowl and leave it to prove for about 30 mins.

4 Heat oven to 230C/210C fan/gas 8. Put a baking tray in to heat up and another tray at the bottom that will contain water to produce steam and give the loaf a good crust. Put the kettle on to boil. Transfer the loaf to the hot tray and slash the top with a serrated knife. You can spray it with water too if you want.

5 Put the baking tray back in the oven and pour a cup of boiling water into the bottom tray. Close the door quickly. Bake for 30-40 mins or until it's golden brown and it sounds hollow when tapped underneath. Leave to cool on a wire rack before slicing.

GOOD TO KNOW vegan

PER SERVING 269 kcal • fat 5g • saturates 1g • carbs 47g • sugars none • fibre 2g • protein 8g • salt 0.9g

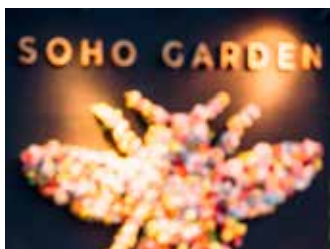


Brunch season is here

Hotfoot to Soho Garden's Friday Brunch with a bevy of friends

The Soho Garden Friday Brunch is the perfect excuse to give those taste buds a real weekend reward and feast on an extensive assortment of mouthwatering dishes from across the globe. Tuck into everything your appetite could possibly desire, from Cold Line seafood options and a Sushi Counter, to a Cheese Display and Wood-Fired Pizza. A wide range of live cooking stations will have you spoilt for choice, showcasing Asian specialties, Carvery, Live Grill stations – Surf & Turf, Pasta, and Eggs Benedict stations, along with plenty more. Polish off your meal with an array of desserts to satiate your sweet tooth cravings.

From Dhs350-450 per person. Brunch from 1-5pm, Brunch Afterparty from 5-10pm. Call 052 388 8849 or email reservations@sohogardendxb.com



GLASS
HOUSE
BY SOHO

WEEKEND

Mouthwatering dishes to dig into with your family and friends over the weekend.



DAN DOHERTY

Best of the brunch, p40



JOHN TORODE

Chinese takeaway, p42



DIANA HENRY

Two ways with coconut, p56



**SEASON'S
BEST, p44**



TOM KERRIDGE

Get the most from
your roast, p53





DAN DOHERTY

Best of the brunch


BBC chef **Dan Doherty's** take on a French classic is the perfect weekend treat.

photographs WILL HEAP

Brunch is a great dish to kick-start the weekend. Here, I'm giving you my take on an indulgent cheesy croque madame - which is great for finishing off any leftover cheeseboard items, and can be whipped up in just 30 minutes.

Croque madame traybake

This is an indulgent way to use up any leftover Christmas ham and cheese.

SERVES 3 PREP 10 mins
COOK 30 mins EASY 

For the white sauce

300ml milk
½ onion, roughly chopped
2 cloves
1 bay leaf
20g butter
20g plain flour
1 tbsp English mustard

For the sandwiches

knob of soft butter
6 medium-sized slices bread, preferably sourdough
6 slices cooked smoked ham
6 slices gruyère or any other hard, melty cheese you have
3 eggs
handful parmesan, finely grated

1 To make the sauce, heat the milk in a saucepan with the onion, cloves and bay leaf. When boiling, turn off the heat and leave to infuse for 30 mins, then strain.

2 Melt the butter in another pan and add the flour. Cook for 4-5 mins until sandy. Gradually whisk in the milk, then cook over a medium heat, stirring, until you have a thick sauce. Stir in the mustard and season. Set aside to cool. *Can be made up to two days ahead.*

3 Heat oven to 180C/160C fan/gas 4. Butter a baking tray large enough to fit 3 slices of bread, then butter and toast the bread, and make 3 sandwiches with 2 slices of ham and cheese in each. Spread the white sauce on top, and make a small well in the sauce on each sandwich. Crack the eggs into the wells, then scatter over the parmesan. Bake for 20 mins or until the whites are just set.

GOOD TO KNOW calcium

PER SERVING 871 kcal • fat 40g • saturates 22g • carbs 74g • sugars 10g • fibre 4g • protein 52g • salt 4.8g



Good Food contributing editor Dan Doherty is one of the UK's top chefs. He recently opened his own pub, The Royal Oak in Marylebone (theroyalokw1.com). His cookbook, *Toast Hash Roast Mash*, is out now.

  @DanDoherty_



JOHN TORODE'S

Chinese takeaway

John Torode takes one of our most popular online recipes and gives it a takeaway makeover

photograph DAVID MUNNS

Sweet & sour pork

This recipe can easily be adapted to use chicken or prawns in place of the pork.

SERVES 4 **PREP** 30 mins plus chilling

COOK 30 mins **MORE EFFORT** 

1 pork fillet (about 500g),
trimmed and cut into
3cm chunks
sunflower or vegetable oil,
for deep-frying
cooked rice or noodles,
to serve

For the marinade

1 tbsp light soy sauce
2 tbsp shoaxing rice wine
or dry sherry
1 garlic clove, grated
thumb-sized piece
ginger, grated

For the coating

50g cornflour
1/2 tsp salt
1 tsp ground white pepper
2 tsp celery salt
2 tsp caster sugar

For the sauce

1 tbsp sunflower oil
2 garlic cloves, finely
chopped
thumb-sized piece ginger,
chopped
1 green or red pepper,
roughly chopped
2 tbsp tomato ketchup
4 tbsp rice vinegar
1 tsp sesame oil
2 tbsp light soy sauce
1 tbsp soft brown sugar
300g can pineapple
chunks

1 tbsp sesame seeds

For the batter

100g rice flour
100g cornflour
1 tsp baking powder

1 Mix the pork with the marinade ingredients and leave to sit for at least 15 mins, or chill for a few hours. In a separate bowl, mix all the coating ingredients. Drain any excess liquid off the pork and toss the pork in the seasoned coating. Can be done 1 hr ahead.

2 To make the sauce, heat the oil in a shallow saucepan and gently fry the garlic, ginger and peppers until just starting to soften. Now drop in all the rest of the ingredients except the sesame seeds. Bring everything to the boil and cook for a few mins until thickened, then take off the heat. To make the batter, whisk the flours and baking powder together with 200ml water to a smooth paste.

3 Heat the oil in a deep fat fryer, large saucepan or a wok to 180C or until a drop of batter sizzles and browns in 20 secs. Dip the marinated pork in the in the batter mix (do it in two or three batches) and let any excess drip off. Fry the pork in batches, for about 5-6 mins or until golden. Remove and drain on kitchen paper until all the batches are done. Make sure you bring the oil back to the correct temperature between each batch. Coat the crispy pork in the sauce, then sprinkle over the sesame seeds, coriander and serve with rice or noodles.

GOOD TO KNOW vit c • 2 of 5-a-day

PER SERVING 650 kcals • fat 23g • saturates 4g • carbs 75g • sugars 20g • fibre 3g • protein 31g • salt 3.7g



BBC Good Food contributing editor John Torode will be back as a judge on the new series of *MasterChef*, which will air on BBC One next spring.

 @JohnTorode1



If you've tried our sweet & sour pork stir fry (bbcgoodfoodme.com/sweet-and-sour-stirfry), why not try John's version and let us know which you prefer. Drop us a line at hello@bbcgoodfoodmagazine.com. Find more of John's recipes on our website.



Season's best

Make the most of winter produce at its peak with these brand-new recipes

recipes CASSIE BEST *photographs* STUART OVENDEN



**Celeriac hash with ham
hock & duck eggs, p50**



Banana & choc bundt cake with
peanut caramel drizzle, p50



Griddled pineapple & chicken salad with nam jim dressing

I learnt about blanching the chillies in a Thai cookery class – you still get all the flavour but remove some of the stinging heat.

SERVES 4 PREP 25 mins
COOK 15 mins EASY

100g green beans, topped
3 skinless chicken breasts
1 small pineapple
1 tbsp groundnut oil
small bunch mint, leaves picked
½ small bunch coriander, leaves picked
100g beansprouts
50g honey-roasted peanuts, roughly chopped
150g cherry tomatoes, halved

For the dressing

3 red bird's-eye chillies, deseeded and roughly chopped

1 tbsp palm sugar or soft light brown sugar
2 garlic cloves
½ small bunch coriander, roughly chopped
2 tbsp fish sauce
2 limes, zested and juiced
1 tbsp groundnut oil

1 Bring a saucepan of salted water to the boil. Add the beans, cook for 30 secs, then scoop out with a slotted spoon and plunge straight into cold water. Bring the water back to the boil, add the chicken breasts, then reduce the heat to a gentle bubble. After 3 mins, remove the pan from the heat but leave the chicken to continue poaching for 10 mins. Check the chicken is cooked through, then drain or poach for a few mins more if necessary.

2 Peel the pineapple and cut through the core into quarters. Cut out and discard the core, then thinly slice.

Heat a griddle pan until very hot. Brush the pineapple slices with a little oil and cook for 1-2 mins each side until charred and just starting to soften. Transfer to a plate.

3 For the dressing, put the chillies in a small bowl, cover with kettle-hot water and set aside for 5 mins. Put the sugar, garlic and coriander in a mortar and pound to a paste with a pestle. Drain the chilli, add to the mortar, then pound again. Stir in the remaining dressing ingredients and taste to make sure you have a good balance of hot, sweet, sour and salty – adjust with more chilli, sugar, lime or fish sauce, if you like.

4 Shred the chicken and pile onto a platter with the remaining salad ingredients. Drizzle with the dressing and toss together just before serving.

GOOD TO KNOW low cal • folate • vit c • 2 of 5-a-day
PER SERVING 326 kcal • fat 12g • saturates 2g •
carbs 22g • sugars 20g • fibre 5g • protein 29g • salt 1.8g



Soft polenta with roast squash,
kale & hazelnuts, p48

Venison, Stilton & rosemary pasties

You could prepare these pasties on a Sunday morning before heading out for a winter walk. Put them in the oven when you're back home and they'll warm your fingers and your hearts!

MAKES 6 **PREP** 55 mins plus
2 hrs resting **COOK** 1 hr 30 mins
MORE EFFORT

300g stewing venison, chopped into small chunks
3 tbsp plain flour
2 tsp English mustard powder
2 tbsp vegetable, sunflower or rapeseed oil
1 onion, finely chopped
3 rosemary sprigs, leaves picked and chopped
100ml pale ale
1 beef stock cube
1 medium potato, finely diced
1 tbsp honey
70g Stilton, crumbled

For the pastry
300g plain flour
1 tsp English mustard powder
125g butter, chilled
1 egg, beaten
1 tbsp poppy seeds

1 Toss the venison in the flour, mustard powder and plenty of seasoning. Heat the oil in a large flameproof casserole dish, and brown the venison in batches. Take your time doing this to build up some good meaty flavours. Transfer the venison to a plate.

2 Add the onion to the dish and cook for 5 mins to soften, stirring to release any meaty bits from the bottom of the dish. Sprinkle any remaining flour back into the dish and add the rosemary, ale, stock cube, venison, some salt, plenty of black pepper and 200ml water. Cover and cook for 45 mins until the meat is tender but not falling apart. Stir every now and then, and add a splash of water if the dish looks dry.

3 Add the potato, honey and a splash of water if necessary. Cover and cook for 10 mins until the potato is just cooked. Leave to cool completely (*you can chill overnight or freeze for up to two months*).

4 To make the pastry, tip the flour into a bowl and add the mustard powder and 1 tsp salt. Grate the butter into the flour, mixing in the strands and dipping the end of the block in flour every now and then to prevent it from clumping. Use a

cutlery knife to stir the butter into the flour. Add 100-125ml cold water and mix again with your knife until the pastry forms a dough. Wrap in cling film and chill for at least 1 hr, removing the pastry from the fridge 10 mins before you roll it.

5 Heat oven to 200C/180C fan/gas 6. On a floured surface, roll the pastry to the thickness of a £1 coin. Use a plate as a guide to cut out six 16cm circles. You may have to reroll the scraps to make all six.

6 Divide the venison stew between the pastry discs, piling up the filling on one side. Crumble a little Stilton over each one. Brush egg wash around the end of each pastry circle, then lift one side and stick down on the other to create pasties. Use a fork, or two fingers, to crimp the edges firmly shut. Transfer to baking trays lined with baking parchment and brush with more beaten egg. Brush with egg and cover in poppy seeds. You can now chill for 24 hrs, or cook straight away.

7 Bake for 30 mins, swapping the trays over halfway through cooking if you need to, until the pastry is crisp and golden. Serve warm.

PER PASTY 584 kcals • fat 29g • saturates 15g • carbs 56g • sugars 5g • fibre 3g • protein 23g • salt 1.1g

Soft polenta with roast squash, kale & hazelnuts

This dish makes a wonderful accompaniment to a roast chicken or some lovely crackling-covered pork. It works well as a vegetarian main course too.

SERVES 4 **PREP** 25 mins
COOK 40 mins **EASY** **V**

100g shallots
½ butternut squash, peeled and chopped into chunks
3 tbsp olive oil
3 thyme sprigs, leaves picked
2 garlic cloves, crushed
½ tsp chilli flakes
freshly grated nutmeg (about ¼ of a whole nutmeg)
200g curly kale, tough stalks removed
1 lemon, zested and juiced
50g hazelnuts, halved or roughly chopped

700ml chicken or vegetable stock
150g fine polenta
50ml milk
50g parmesan or ricotta salata (available from ocado.com), plus some shavings to serve

1 Boil the kettle, put the shallots in a bowl, pour over kettle-hot water and set aside for 10 mins. This will make them much easier to peel. Heat oven to 200C/180C fan/gas 6.

2 Once cooled a little, drain and peel the shallots, and halve any large ones. In a large roasting tin, toss the shallots and squash with 1 tbsp oil and some seasoning. Roast for 25 mins.

3 Add the thyme, garlic, chilli, nutmeg, kale, lemon zest and hazelnuts to the roasting tin. Season and toss with the remaining oil. Return to the oven for another 15 mins.

4 While the vegetables are roasting, bring the stock to the boil in a saucepan. Pour in the polenta in

a thin, steady stream, whisking continuously. Cook for 2-3 mins, then add the milk, season well and stir in the cheese. The polenta should have the consistency of loose mashed potato. Keep warm until ready to serve – the polenta will form a skin and thicken if left for too long, so cover with a piece of baking parchment, and stir in some extra milk if you need to.

5 To serve, pour the warm polenta onto a large serving platter and top with the roasted veg. Squeeze over a little lemon juice and finish with some parmesan shavings.

GOOD TO KNOW low cal • calcium • fibre • vit c • 2 of 5-a-day • good for you

PER SERVING 442 kcals • fat 23g • saturates 5g • carbs 37g • sugars 7g • fibre 8g • protein 18g • salt 0.8g



Banana & choc bundt cake with peanut caramel drizzle

It's best to use really ripe bananas for this recipe – the blacker they are, the more flavour they'll have. If your bananas aren't quite ready, stick them in a low oven, in their skins, for 30 minutes until they're black.

SERVES 12 **PREP** 35 mins
COOK 1 hr **EASY**

200g butter, melted, plus a little for greasing
3 tbsp cocoa powder
3 large ripe bananas
150ml full-fat milk, plus 1 tbsp for the icing
3 large eggs
1 tsp vanilla extract
350g self-raising flour
1 tsp bicarbonate of soda
350g soft light brown sugar
150g natural yogurt

100g dark chocolate chips or bar of chocolate, chopped into small chunks
80g salted peanuts, roughly chopped
100g dulce de leche caramel, from a can or jar

1 Heat oven to 180C/160C fan/gas 4. Grease a 2.5-litre bundt tin (ours was 26cm in diameter, available from nordicware.com) with some melted butter, making sure you get in all the crevices. Mix the cocoa with 50ml kettle-hot water and set aside to cool.
2 Mash the bananas, then stir in the butter, milk, eggs and vanilla. In another bowl, combine the flour, bicarb, sugar and $\frac{1}{2}$ tsp salt. Shake the bowl a few times to encourage any lumps of sugar to come to the surface, squeeze them through your fingers and mix again.
3 Stir the banana mixture into the dry ingredients, then transfer half

the cake mixture to another bowl. Add the cocoa mix, 50g yogurt and the chocolate chips to one bowl, and the remaining 100g yogurt and 50g peanuts to the other.


4 Scrape the peanut mixture into the prepared tin, then spoon over the chocolate mixture. Swirl a skewer through the two cake mixtures to create a marbled effect. Bake on the middle shelf for 1 hr. Check the cake is cooked by inserting a skewer into the centre of the sponge – if it comes out coated in any wet mixture, return to the oven for 10 mins more, then check again. Cool for 15 mins in the tin, then transfer to a wire rack to cool completely.

5 Mix the caramel with 1 tbsp milk to create a drizzly icing. Once the cake is cool, drizzle over the icing and scatter with the remaining peanuts. *Will keep in a tin for four days.*

PER SERVING 530 kcals • fat 25g • saturates 13g • carbs 65g • sugars 41g • fibre 4g • protein 10g • salt 1.0g

Celeriac hash with ham hock & duck eggs

This hearty hash is a great way to use up any leftover root vegetables. You could try swapping the celeriac for parsnips, potatoes or Jerusalem artichokes.

SERVES 2 **PREP** 15 mins
COOK 35 mins **EASY** 

small knob of butter
2 tsp rapeseed oil
1 small onion, halved and sliced
1 garlic clove, crushed
2 thyme sprigs, leaves picked
 $\frac{1}{2}$ celeriac (about 350g), halved, thinly sliced, then roughly chopped
2-3 large leaves cavolo nero or spring greens, stalks removed, shredded
90g cooked ham hock, shredded
1 tbsp wholegrain mustard
2 duck eggs
25g truffled Gruyère, cut into small chunks (optional)

1 Heat the butter and oil in a wide frying pan. Add the onion and cook slowly for 15 mins or until turning golden. Stir in the garlic and thyme for 30 secs, then add the celeriac and some seasoning. Stir to make sure the celeriac is well coated in the buttery onions, then add a splash of water and cover the pan with a lid or piece of foil. Cook for 8-10 mins until the celeriac has softened and is caramelising in places.

2 Add the cavolo nero and ham, and stir well. Increase the heat to wilt the cavolo nero and crisp the ham in places. Add a splash more water if anything starts to stick to the pan. Dot around spoonfuls of mustard, then create two spaces to cook the eggs. Add a drizzle more oil to the gaps if the bottom of the pan looks dry, then crack in the eggs. Dot the cheese around the pan and cover with a lid or foil for 2-3 mins. By this time, the egg whites should be cooked and the yolks still runny. Season the eggs with a little black pepper and serve from the pan.

GOOD TO KNOW calcium • folate • fibre • vit c • iron • 2 of 5-a-day

PER SERVING 387 kcals • fat 23g • saturates 7g • carbs 9g • sugars 7g • fibre 13g • protein 29g • salt 2.6g

At their best now

Fruit & veg

- Bananas
- Beetroot
- Blood oranges
- Brussels sprouts
- Cabbage (red, white and green)
- Carrots
- Celeriac
- Chicory
- Jerusalem artichokes
- Kale
- Leeks
- Lemons
- Parsnips
- Pineapples

• Purple sprouting

- broccoli
- Seville oranges
- Turnips

Meat & game

- Goose
- Partridge
- Rabbit
- Turkey
- Venison

Fish & seafood

- Crab
- Hake
- Mackerel
- Mussels
- Scallops
- Squid



Cassie Best, our Senior food editor, trained as a chef at Leiths School of Food and Wine. Over the past five years she has written hundreds of recipes for *Good Food*.
 @cassiecooks

Masala mackerel

The strong flavour of mackerel can handle some spice, so I've paired it with aromatic cumin, coriander and fennel, plus fiery ginger.

SERVES 4 **PREP** 20 mins

COOK 15 mins **EASY**

4 mackerels (ask your fishmonger to gut and wash them), heads removed
drizzle of rapeseed, vegetable or sunflower oil
rice, to serve (optional)

For the masala paste

1 tsp cumin seeds
½ tsp coriander seeds
½ tsp fennel seeds
2 tsp garam masala
1 roasted red pepper, from a jar
2 garlic cloves
thumb-sized piece ginger, peeled and roughly chopped
1 small onion, halved
1 tbsp tomato purée
2 tbsp desiccated coconut

For the green yogurt

250g pot natural yogurt
small bunch coriander, plus a few leaves to serve

2 limes, 1 zested, ½ juiced (see below), 1 cut into wedges to serve

1 tsp sugar

2 spring onions

For the pickled onions

1 red onion, thinly sliced

½ lime, juiced

½ tsp sugar

1 First make the masala paste. Tip the seeds into a dry frying pan, toast for 1-2 mins until aromatic, then tip into the small bowl of a food processor. Add the remaining paste ingredients, season with salt and whizz until everything is finely chopped and well combined. Add a splash of water and combine well.

2 Slash each mackerel a few times on each side. Rub the paste all over each fish, making sure you get into the slashes. Cover with cling film and chill for 1 hr, or overnight if you like.

3 For the yogurt, combine the ingredients in the small bowl of your food processor, season well and chill until ready to serve. Put

the ingredients for the pickled onions in a bowl. Massage the lime juice and sugar into the onion rings for 1-2 mins, then cover and set aside at room temperature to pickle for 30 mins, or overnight if you prefer.

4 If serving with rice, make sure you have this on the go. Heat the grill to high. Put the mackerel on a baking tray lined with foil. Drizzle with a little oil and grill for 5-6 mins each side, or until the flesh is cooked through – it should easily slide away from the bones when pushed with a knife.

5 To serve, arrange the fish on a platter. If the yogurt has thickened, loosen it with a drizzle of water – it should be like single cream. Drizzle it over the fish, then top with pickled onions, coriander leaves and lime wedges. Serve the rice on the side, with extra green yogurt sauce.

GOOD TO KNOW iron • omega-3 • 1 of 5-a-day • gluten free

PER SERVING 783 kcal • fat 58g • saturates 16g • carbs 13g • sugars 10g • fibre 3g • protein 50g • salt 1.1g





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TOM KERRIDGE

Get the most from your roast

For our budget issue, Tom makes three meals from one chicken

photographs PETER CASSIDY

When *Good Food* set me the task of making a chicken into three meals, I thought about how I could simplify the process. Every time I've seen this done, the cook is asked to make a stock using the bones. Making fresh stock isn't a big ask at the weekend, but on a weeknight, I could just see people thinking 'yeah, right' and cooking something else. So here I've pot roasted the whole bird to give you chicken and stock in one. I love this way of cooking, it's what I was brought up on – no waste, comforting family favourites.



Pot-roast chicken with stock, p54



Good Food contributing editor Tom Kerridge is a BBC presenter and chef-owner of The Hand & Flowers, The Coach and new venture The Butcher's Tap – all in Marlow, Buckinghamshire. His latest book, *Lose Weight for Good*, is out now. [Twitter](#) [Instagram](#) @ChefTomKerridge

Pot-roast chicken with stock

Pot-roasting like this is a winning formula for keeping your chicken succulent and also giving you an amazing stock to use in other recipes. I've used a big chicken, but use whatever size suits your budget and fits in your pan and then use the other recipes as leftover inspiration.

SERVES 4 with leftovers
PREP 10 mins **COOK 2 hrs 10 mins**
EASY

2 tbsp olive oil
2.4kg chicken – buy the best you can afford
4 onions, peeled and cut into large wedges
½ bunch thyme
3 garlic cloves
6 peppercorns
175ml white wine
1.2 litres chicken stock

1 Heat oven to 170C/150C fan/gas 5. Heat the oil in a large flameproof casserole dish and brown the chicken well on all sides, then sit it breast-side up. Pack in the onions, thyme, garlic and peppercorns, pour over the wine and stock, and bring to the boil. Pop on the lid and transfer to the oven for 2 hrs. Remove and rest for 20 mins. Carefully lift the chicken onto a chopping board and carve as much as you need. Serve the carved chicken in a shallow bowl with the onions and some of the stock poured over. Serve with some usual Sunday veg and roast potatoes.

2 Strain the leftover stock into a bowl and strip the carcass of all the chicken. *Chill both for up to three days or freeze for up to a month to use for my other recipes.*

GOOD TO KNOW 1 of 5-a-day
PER SERVING 500 kcals • fat 29g • saturates 7g • carbs 6g • sugars 5g • fibre 2g • protein 51g • salt 0.6g

Chicken & leek filo pie

SERVES 4 **PREP 15 mins** **COOK 1 hr 30 mins** **EASY**

| | |
|---|---------------------------------------|
| 75g butter | shredded |
| 2 leeks, halved lengthways and sliced | 75ml double cream |
| 300g chestnut mushrooms, sliced | 2 tbsp wholegrain mustard |
| 25g flour | small handful parsley |
| 300ml chicken stock (from the pot roast, left) | 6 sheets of filo pastry |
| 300g cooked chicken (from the pot roast, left), | 60ml olive oil |
| | 1 tsp thyme leaves |
| | 1 tsp nigella seeds |
| | cabbage and mash, to serve (optional) |

1 Heat a third of the butter in a large saucepan, cook the leeks for 10 mins or until softened, then tip onto a plate and repeat with another third of the butter and the mushrooms. Heat the remaining butter in the same saucepan and, once melted, stir in the flour and cook the sandy paste for 1 min, then stir in the chicken stock a ladleful at a time. Leave on a low heat to simmer for 5 mins, then stir the chicken, leek, mushrooms, cream and mustard into the sauce, add the parsley and season with salt and cracked black pepper. Spoon into a 20cm pie dish and leave to cool.

2 Heat oven to 190C/170C fan/gas 5. Lay a sheet of filo on a chopping board and brush with olive oil, then place on top of the pie with the corners resting on the sides of the dish, then repeat the process, placing the next sheet slightly off-centre – the idea is to fan the sheets of filo. Brush every layer with oil, and on the last layer sprinkle over salt, thyme leaves and nigella seeds. Press the pastry gently into the edge of the dish. Bake for about 1 hr until the pastry is deep golden, then remove from the oven and serve with buttered cabbage and mashed potato, if you like.

GOOD TO KNOW fibre • 2 of 5-a-day
PER SERVING 820 kcals • fat 54g • saturates 21g • carbs 46g • sugars 5g • fibre 7g • protein 33g • salt 1.7g



Mexican chicken & black bean wraps

SERVES 4 **PREP** 15 mins

COOK 20 mins **EASY**

1 tbsp sunflower oil
1 onion, finely sliced
3 garlic cloves, crushed
1 tsp each ground cumin, smoked paprika and dried oregano
400g can black beans, drained but not rinsed
about 150g cooked chicken (from the pot roast, p102), shredded
4 pickled chillies, chopped
3 tomatoes, roughly chopped
small handful coriander leaves, chopped
4 floured tortillas (seeded or wholemeal if you prefer)
100g cheddar, grated

To serve

100g plain yogurt
50g chipotle sauce
1 lime, quartered
guacamole (optional)

1 Heat the oil in a frying pan, tip in the onion and fry for 5 mins until golden. Stir in the garlic, cumin, paprika and oregano and cook for 2 mins. Tip in the beans and the chicken and heat through, then stir in the chilli, tomatoes and coriander, season and keep warm.

2 Lay a tortilla in a non-stick pan, sprinkle with cheese and heat until melted. Slide the wrap onto a board, spoon over a quarter of the chicken filling and roll up tightly. Repeat to make three more wraps. Mix the yogurt and chipotle sauce and serve on the side with guacamole and lime wedges for squeezing over.

GOOD TO KNOW calcium • fibre • 2 of 5-a-day
PER SERVING 475 kcal • fat 21g • saturates 9g •
carbs 40g • sugars 6g • fibre 10g • protein 26g •
salt 1.8g



DIANA HENRY'S STAR INGREDIENT

COCONUT DREAM

This month **Diana Henry** kick-starts the new year with a taste of the tropics

photographs SAM STOWELL

When I went, as a child, to old-fashioned tea rooms – all wood panelling and waitresses with white aprons – the coconut-speckled cakes were the ones I avoided. I especially disliked the little strawberry pink pyramids coated in it. The only coconut you could get in the UK at that time was desiccated. I hated the stuff. It seemed like a fake ingredient to me, unconnected to actual coconuts. The real thing didn't look that inviting either; hairy with dark sunken little 'eyes' at one end. Of course, once cracked open, the flesh inside is the purest white, dense and crunchy. I eventually discovered this when we bought one, just out of curiosity, and smashed it on the front doorstep with a hammer. Shards went everywhere but we were amazed at the contrast between exterior and interior. The flesh was simultaneously buttery and fresh. The desiccated type was mouth-drying in contrast and if you were ever unfortunate enough to eat it stale (as it was in my grandmother's baking cupboard), it tasted of soap.

When Madhur Jaffrey appeared on our screens in the late 1970s we started to yearn for more than coconut macaroons. My mother's first 'curries' – made with Ferns Curry Paste and a lot of sultanas – were served with sliced banana tossed in desiccated coconut. Where we got the idea that Madhur would approve of this, I don't know, but it seemed deliciously exotic at the time.

At university, I started to cook Thai food (aided by Charmaine Solomon's wonderful *Complete Asian Cookbook*) and was able to find blocks of creamed coconut

– so different from the dried stuff on cakes. Thai curry was thick and sweet with it, evoking the heady scent of coconut sun lotion, vanilla and milk, buttery nuts and hot beaches.

Now coconut is available in many forms. There's coconut milk, coconut cream, creamed coconut, flour, sugar, oil, water, fresh chunks, and both sweetened and unsweetened shavings. It's important to know the difference, particularly, between the milk, coconut cream and creamed coconut. Those firm blocks of creamed coconut aren't the same as coconut cream. You can substitute one for the other, but creamed is made from coconut flesh that has been ground to a paste and compressed, giving it an intense flavour. It's a good option if you only need to use a small bit and it seems like a waste to open a whole can of coconut milk or cream (plus, creamed coconut keeps for ages). The canned versions are produced by soaking freshly grated coconut in water to produce a liquid in which the cream rises to the top and the milk lies below. You still get a little of that liquid in cans of coconut cream, and there's always a layer of the cream (on the top) in cans of coconut milk. Each has its uses in the kitchen, so a recipe might call for either one, but whatever dish I make with them still makes me think of beaches.



Good Food contributing editor Diana Henry is an award-winning food writer. Her latest book is *How to Eat a Peach*.

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Spiced coconut chicken
with coriander & lime, p58



Spiced coconut chicken with coriander & lime

This is easy one-pot cooking. If you prefer not to buy both cauliflower and butternut squash, then use one or the other. You don't have to serve any more vegetables with the dish, but a green salad would be good. Leave the seeds in one of the chillies if you like things hot.

SERVES 4-6 PREP 20 mins COOK 1 hr EASY

| | |
|---|--------------------------------------|
| 1 tbsp oil | 200g butternut squash, |
| 8 skin-on and bone-in chicken thighs | peeled, deseeded and cut into slices |
| 1 large onion, roughly chopped | (prepared weight) |
| 4 garlic cloves, grated to a purée | 100g cauliflower florets |
| 3cm piece ginger, peeled and grated | 225g basmati rice |
| 1½ tsp turmeric | 10g bunch coriander, chopped |
| 2 tsp ground cumin | 2 limes, zested and juiced |
| 2 green chillies, halved, deseeded and finely chopped | 2 lime leaves |
| | 300ml coconut milk |
| | 400ml chicken stock |

1 Heat oven to 200C/180C fan/gas 6. Heat the oil in a 30cm shallow casserole or high-sided frying pan and fry the chicken thighs, skin-side down, just to get some colour on them (they will take on a deeper colour in the oven). Transfer them to a dish. Fry the onion in the pan until it's soft and pale gold. Add the garlic, the spices and chilli. Cook for 2 mins more, then stir in the squash and cauliflower, add the rice, half the coriander, the lime zest, half the lime juice, the lime leaves and some seasoning. Put the chicken back in the pan, this time skin-side up, and season that as well.

2 Heat the coconut milk and the chicken stock together until just below boiling point. Pour this around the chicken and put the pan into the oven, uncovered. Cook for 40 mins, or until the chicken is cooked through and the liquid has been absorbed by the rice. Squeeze the remaining lime over and scatter with the rest of the coriander. You could gently push the coriander into the rice, so it's not all on top. Serve immediately.

GOOD TO KNOW 1 of 5-a-day

PER SERVING (6) 483 kcal • fat 24g • saturates 11g • carbs 38g • sugars 5g • fibre 3g • protein 25g • salt 0.3g



Chickpea & coconut dhal

You can cook dried chickpeas from scratch for this (if you do that, cook them until really soft) but dhal, for me, is a storecupboard meal, so I depend on cans and packets. Even with the spicing, dhals are subtly flavoured, but that's as it should be, so you can enjoy the 'tarka', the buttery spice poured over at the end, and the chutneys and pickles served alongside.

SERVES 4-6 PREP 15 mins COOK 50 mins EASY V *

| |
|---|
| 1½ tbsp ghee or groundnut oil |
| 2 onions, finely chopped |
| 8 garlic cloves, finely chopped |
| 3cm piece ginger, peeled and grated |
| 1 tsp ground turmeric |
| 1 tbsp nigella seeds |
| 2 tsp ground cumin |
| 1 tsp ground coriander |
| 1 tsp paprika |
| 1 cinnamon stick |
| ½ tsp chilli flakes |
| 4 cardamom pods, seeds removed and ground |
| 2 bay leaves |
| 2 x 400g cans chickpeas, drained |
| 75g yellow split peas |
| 400ml can coconut milk |
| For the garnish |
| 2 tbsp ghee, or unsalted butter |
| 2 shallots, finely sliced |

1 tbsp cumin seeds
1 tsp black mustard seeds
½ tsp chilli flakes
3 tbsp coriander leaves, chopped

1 Heat the ghee or groundnut oil and fry the onion over a medium heat until it's pale gold and soft. Add the garlic and ginger and cook for another couple of mins. Stir in all the spices and cook for another minute or so, then add all the remaining ingredients and 450ml water. Bring to just below boiling point, turn the heat down and simmer for about 40 mins until the split peas are soft. If you like your dhal thick in texture, mash the chickpeas to break them down. If the mixture is getting dry, add more water. If it's too thin, keep cooking until you get the thickness you want. There is no 'right' consistency; dhal can be almost brothy or like a thick purée.

2 To serve, heat the ghee or butter in a pan and add the shallots. Fry until they're golden, then add the cumin seeds, black mustard seeds and chilli flakes. Cook until their aromas are released. Scatter coriander on top of the dhal, then pour over the spiced butter.

GOOD TO KNOW gluten free • 2 of 5-a-day • fibre
PER SERVING (6) 327 kcal • fat 18g • saturates 12g • carbs 25g • sugars 4g • fibre 7g • protein 11g • salt 0.1g

FAMILY MEALS

*MEAT-FREE
FAMILY MEALS, p60*



MEAT-FREE family meals

Make fuss-free vegetarian meals the whole family will love

recipes JULIET SEAR *photographs* WILL HEAP



Juliet Sear is a baking wizard and food artist. Discover her kids' cooking videos on the BBC Good Food Youtube channel [Twitter](#) [Instagram](#) @JulietSear

Shoot director and stylist TONIA SHUTTLEWORTH | Food stylist JULIET SEARS

Mini lentil shepherd's pies

SERVES 4-6 **PREP** 25 mins **COOK** 1 hr 30 mins **EASY** V *

2 tbsp butter or olive oil, plus extra for the pie dishes
1 large red onion, chopped
2 carrots, finely diced, about 200g
4 celery stalks, chopped
4 garlic cloves, finely chopped
150g chestnut mushrooms, chopped (blitz these to fairly tiny pieces for small kids)
2 tsp thyme leaves (optional)

250g Puy lentils
900ml vegetable stock
2 tbsp tomato purée
1 tbsp Marmite (optional)
peas, to serve (optional)
For the mashed potato topping
850g Maris Piper potatoes, peeled and cut into chunks
75g butter
100ml milk (or alternative)

1 To make the filling, heat the butter or oil in a large saucepan and gently fry the onion, carrots, celery and garlic for 15 mins until soft and golden. Turn up the heat, add the mushrooms, then cook for 3-4 mins. Sprinkle in the thyme and add the lentils. Pour over the wine and stock, then simmer gently, uncovered, for about 40-45 mins until the lentils are soft. If you find the mixture is drying out, you can add a splash more stock or water.

2 Meanwhile, put the potatoes in a large pan, pour over boiling water and boil for 15-20 mins until tender. Drain well. You can use a potato ricer at this stage to make them super creamy, or mash with the butter and milk, then season with salt and pepper.

3 Remove the lentils from the heat, add the tomato purée and Marmite, if using. Stir well and check to see if you need seasoning, then add a good grinding of black pepper.

3 Heat oven to 200C/180C fan/gas 6. To assemble, butterd four-six small pie dishes or one a large dish and spoon in the lentil mixture, then top with mash. It's fun to pipe on the mash if you have a piping bag, but if not, you can spoon it on and fluff into peaks with a fork. Bake for 30-40 mins until golden. Serve with peas on the side, if you like.

GOOD TO KNOW fibre • iron • 3 of 5-a-day

PER SERVING (6) 443 kcal • fat 17g • saturates 10g • carbs 52g • sugars 9g • fibre 11g • protein 16g • salt 0.9g



Loaded baked potatoes with slaw

SERVES 4 **PREP** 20 mins **COOK** 1 hr 45 mins **EASY** V

4 baking potatoes (about 700g)
1 tbsp olive oil
30g butter
150g plain 0% fat yogurt, plus extra to serve
6 small spring onion, washed, outer layer removed and finely sliced
200g can no added sugar sweetcorn, drained

150g reduced-fat strong cheddar, grated
small bunch chives, finely chopped
For the healthy coleslaw
125g plain 0% fat yogurt
½ tsp wholegrain mustard
½ small white cabbage, about 400g
2 medium carrots, about 150g
1 small red onion

1 Heat oven to 180C/160C fan/gas 4. Wash and pierce the skins of the potatoes a few times with a sharp knife. Rub the skin with a little olive oil and bake for 1 hr 30 mins until soft inside and crisp on the outside.

2 Meanwhile, make the coleslaw. Mix the yogurt and mustard together in a bowl. Then, use a grating attachment on a food processor, or a box grater, to grate the cabbage and carrots. Either grate the onion or chop as finely as you can. Tip all of the vegetables into the bowl and stir through the yogurt and mustard.

3 Once the potatoes are crisp on the outside and soft inside, remove from the oven and cut in half. Scoop out the flesh and mash with the butter and yogurt, stir in the spring onion and sweetcorn and most of the cheese, reserving a little of the cheese for topping, season if needed.

4 Turn the oven up to 200C/180C fan/gas 6. Load the filling back into the crisp potato skins, top with the remaining cheese, and put them back in the oven on a baking sheet for about 10-15 mins, or until the cheese is melted and the edges are browning. To serve, sprinkle with chives and serve alongside the coleslaw with a dollop of natural yogurt.

GOOD TO KNOW folate • fibre • vit c • 2 of 5-a-day • gluten free

PER SERVING 493 kcal • fat 16g • saturates 8g • carbs 57g • sugars 19g • fibre 11g • protein 23g • salt 0.1g





Halloumi traybake

SERVES 4 **PREP** 15 mins **COOK** 1 hr
EASY V

750g baby new potatoes, halved
2 medium red onions, quartered and broken up into large pieces
4 tbsp olive oil
400g can chickpeas, drained
1 large red pepper, sliced into strips
½ romanesco broccoli or cauliflower (about 400g), cut into small florets
250g mixed colour cherry tomatoes
4 garlic cloves, peeled
250g pack reduced fat halloumi, thinly sliced
small bunch basil, leaves torn

1 Heat oven to 160C/140C fan/gas 3. Put the potatoes in a large roasting tin with the onion. Pour over 2 tbsp olive oil and roast in the oven for about 30 mins.
2 Add the chickpeas, pepper, romanesco, tomatoes and garlic. Drizzle with 2 tbsp oil, then roast for a further 20-25 mins until everything is cooked and browning nicely. Toss together briefly and put the halloumi slices on top. Put it under the grill for 5-10 mins, or until the cheese is melting and browning (keep an eye on it). Scatter over the basil leaves to serve.

GOOD TO KNOW calcium • folate • fibre • vit c • 4 of 5-a-day • gluten free

PER SERVING 564 kcals • fat 24g • saturates 8g • carbs 53g • sugars 15g • fibre 12g • protein 28g • salt 1.6g

Healthier veggie carbonara

SERVES 4 **PREP** 20 mins **COOK** 10 mins **EASY V**

4 medium courgettes (use a mix of yellow and green if you can get them)
300g spaghetti
3 large egg yolks
160g vegetarian parmesan-style cheese
1 tbsp olive oil

small bunch fresh lemon thyme or thyme, leaves picked
200g chestnut mushrooms, roughly chopped
4 garlic cloves
small bunch flat-leaf parsley, chopped (optional)
½ lemon, zested and juiced

1 Put a large pan of salted water on to boil. Halve the courgettes lengthways and scoop out and discard the core, then slice the courgettes at an angle into small diagonal pieces. Put the spaghetti in the pan of boiling water and cook following pack instructions.

2 To make the creamy carbonara sauce, put the egg yolks in a bowl, add half of the grated cheese, and mix with a fork. Add up to 3 tbsp water to make the sauce less thick. Season and set aside.

3 Heat a large frying pan on a medium to high heat and pour in a little olive oil. Fry the courgette slices and thyme leaves with a good grinding of black pepper for a minute or two until the courgette starts to soften, then add the mushrooms. Fry for 2-3 mins until golden and slightly softened. For the last minute of the cooking, add the garlic.

4 Working quickly, drain the pasta, reserving a little of the cooking water. Toss the pasta in the pan with the courgettes and mushrooms, then remove from the heat and add a ladleful of the reserved cooking water and the egg and cheese sauce. Add the fresh parsley, if using, and the lemon zest and juice, then sprinkle over most of the remaining cheese. Stir everything together quickly to coat the pasta. The egg will cook if the pasta is still hot. If you're worried about it, put back on the heat for 1 min.

5 Pour in a little more of the cooking water, if needed. You should have a silky and shiny sauce. Season to taste, then sprinkle with a little more cheese to serve. Eat straight away, as the sauce can become thick and stodgy if left for too long.

GOOD TO KNOW folate • fibre • vit c • 2 of 5-a-day

PER SERVING 552 kcals • fat 20g • saturates 9g • carbs 59g • sugars 4g • fibre 8g • protein 29g • salt 0.8g





Veggie toad-in-the-hole

We've used Quorn Best of British sausages in this recipe as we've found that they're most like meat sausages, but you can use any ones you like.

SERVES 4 **PREP** 10 mins plus resting the batter
COOK 40 mins **EASY** **V**

2 tbsp rapeseed oil
8 vegetarian sausages
For the batter
4 medium eggs
325ml semi skimmed milk
250g plain flour

1 To make the batter, beat the eggs and milk together in a bowl, add 1 tsp salt, then beat again and leave to stand for 30 mins. Tip in the plain flour and beat well with a whisk until smooth. If you can, make this 2 hrs before needed and allow to stand before pouring into the tin.

2 Heat oven to 220C/200C fan/gas 7. Pour 2 tbsp oil in a 28 x 23cm roasting tin (or a tin roughly that size), coat the sausages in the oil and roast them in the oven for about 8-10 mins.

3 Stir the batter, then remove the tin from oven and pour the batter over the hot oil and sausages (you can do this over a low heat on the hob to keep the oil nice and hot). Put the tin back in the oven and cook for 10 mins, then turn the temperature down to 180C/160C fan/gas 4 and cook for a further 25-30 mins or until the batter is cooked through.

4 Test with a knife in the centre to check it's cooked. Serve with the crunchy polenta roast potatoes, caramelised carrots and veggie gravy (see recipes, right), if you like, plus some green vegetables.

GOOD TO KNOW fibre

PER SERVING 620 kcal • fat 24g • saturates 4g • carbs 63g • sugars 7g • fibre 8g • protein 33g • salt 3.6g



Crunchy polenta roasties

SERVES 4-6 **PREP** 10 mins **COOK** 1 hr 20 mins **EASY** V

9 large potatoes (about 1.25kg), peeled and cut into large chunks **about 200ml olive oil**
1-2 tbsp dried polenta

- 1 Heat oven to 200C/180C fan/gas 6. Pour a good glug of oil in a large roasting tin and put in the oven. Put the potatoes in a saucepan and cover with boiling water from the kettle. Bring to the boil and cook for 7-8 mins.
- 2 Drain the potatoes, then toss them in the polenta to help them dry out and get a fluffy coating. Carefully tip the potatoes into the hot roasting tin, drizzle over a little more oil and toss to coat.
- 3 Roast for 30 mins, then turn them over and roast for 30 mins. Turn once more and cook for a further 10 mins. These can go on the lower shelf while you make your toad-in-the-hole (see recipe, left), and can cook for a further 15-20 mins if required.

GOOD TO KNOW gluten free

PER SERVING 479 kcals • fat 34g • saturates 5g • carbs 38g • sugars 2g • fibre 3g • protein 4g • salt 0.1g

Caramelised honey carrots

SERVES 4 **PREP** 5 mins **COOK** 35 mins **EASY** V

500g pack Chantenay carrots, trimmed **2 tsp butter**
1 tsp thyme leaves
1 tbsp honey

- 1 Put the carrots in a large frying pan with a lid. Cover with cold water, put the lid on and bring to a boil. Once boiling, take the lid off and cook over a medium heat for about 25-30 mins until all the water has evaporated.
- 2 Reduce the heat, add the honey, butter and thyme leaves and gently cook for about 5 mins until the carrots are caramelised and golden.

GOOD TO KNOW low fat • 1 of 5-a-day • gluten free

PER SERVING 69 kcals • fat 3g • saturates 1g • carbs 9g • sugars 9g • fibre 4g • protein 1g • salt 0.2g

Veggie gravy

SERVES 4 (makes about 400ml) **PREP** 20 mins **COOK** 45 mins **EASY** V ✳

1 onion, chopped
2 carrots, finely chopped (about 200g)
2 celery sticks, finely chopped (about 200g)
2 bay leaves
1 large thyme sprig
large knob of butter (or 2 tbsp olive oil)
1 tbsp golden caster sugar
2 tbsp plain flour
2 tsp Marmite (optional)
1 tbsp tomato purée
2 tbsp balsamic vinegar
1L vegetable stock
soy sauce to season

- 1 Gently cook the veg, herbs and butter in a pan for 10-12 mins until the vegetables start to brown. Scatter over the sugar and continue to cook for 1-2 mins until a little caramelised. Stir in the flour and combine well. Add the Marmite, if using, tomato purée and vinegar. Pour over the stock a little at a time stirring as you go.
- 2 Simmer everything together until you have a thickened sauce, this will take about 30 mins. Sieve, then add soy sauce and a touch more Marmite to season and colour. *Will freeze for up to two months.*

PER SERVING 139 kcals • fat 6g • saturates 1g • carbs 18g • sugars 9g • fibre 2g • protein 2g • salt 0.8g

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health

Delicious recipes and top tips for staying in shape



■ Health news, page 68

■ 5 budget superfood swaps, page 70



health news

Health news covering everything from ingredients and dishes to advice and new products and restaurants to try

FIND YOUR ZEN:

Book a spiritual adventure to this coastal retreat

Head to the west coast of India this March for an unforgettable seven-day yoga retreat with Bodytree – the Abu Dhabi-based yoga studio. The short escape to Namaste Yoga Farm, Gokarna is said to provide guests with the “ultimate opportunity” for your mind, body and soul to connect, as you enrich yourself in nature with Bodytree’s yogi and Abu Dhabi resident, Didier Abner.

During the retreat, Didier will take you on a physical and spiritual journey that promises to be both insightful and fun. The trip will include daily meditation practice, as well as Hatha, Ashtanga and Bhakti yoga sessions. Participants will also be led on treks along the famous Golden Route, experiencing Gokarna’s beautiful beaches, landscapes and lush green forests.

The seven-day retreat is suitable for all levels and will take place from 15-22 March 2020. Prices start from Dhs4,550 (twin room) inclusive of accommodation, two daily meals, two daily yoga classes and airport transfers. Book before 15 January to avail early bird prices. To reserve your spot, please call 024434448 or email info@bodytreestudio.com.



INTRODUCING:

Two new fitness studios to visit

FITNESS FIRST, NAKHEEL MALL



Fitness First is introducing an impressive array of technology-driven programmes to its latest facility at Palm Jumeirah’s brand-new mall.

Among the new concepts, the brand has introduced a dynamic boxing class that provides a sensory knockout; a cubed and wall-less workout studio likened to a silent disco for fitness; and an immersive indoor cycling experience that draws on data visualisation technology and online gaming.

Members will also experience everything from yoga and cardio workouts in a hot studio to reduce warm-up time and deliver workouts with extra intensity. The studio is powered by an ingenious infrared heating system that warms the body directly rather than heating the air. The result - a feeling like the natural warmth of sunlight rather than the stuffy hot air found in conventionally heated studios.

Women can also take advantage of the club’s private ladies-only gym that offers a supportive, intimate and comfortable environment to workout. Plus, don’t miss the chance to track your progress with the gym’s 3D-body scanner, which measures fat, muscle mass, overall body circumference and provides a 3D, full colour digital avatar.

STUDIOREPUBLIC, SHEIKH ZAYED ROAD



Set to open its doors this month, StudioRepublik will introduce three new platforms to Dubai’s fitness community and welcomes people of all ages and abilities to express and evolve their fitness goals.

The first of three new platforms available, The Lab, is uniquely equipped to provide integrated wellness services to members. Konfigure (K8) – an interactive tool designed by the FitRepublik team, helps members understand and manage their bodies, assessing and reviewing body composition, blood analysis, movement, power and endurance, which is then loaded into a personalised training programme, available on a mobile app.

The second platform, The Stage, aims to liberate creativity in the performing arts field, with a focus on music, drama and dance. StudioRepublik will offer Dubai’s first community recording studio space to grow the talent of tomorrow, while the dance studio will offer high-calibre dance instruction to tots, juniors, teens and adults of all levels, from absolute beginner to advanced in all major dance disciplines.

Finally, The Arena will provide a new go-to group exercise venue, with expertly produced visuals, music and lighting. Classes cater to all fitness levels and interests, including Bootcamp, Aerial, Cycling & GX, Mind & Body classes (Pilates, Yoga and Meditation) as well as an extensively equipped gym.



HEALTH HACK

Understanding macros

Looking to kick-start your 2020 diet plan? We asked Lauren Jacobsen, Kcal's Nutrition Director, about the importance of macros and why we should be considering them when setting fitness goals for the coming 12 months.

"Macros are macronutrients, which are proteins, carbohydrates and fats. These three key nutrient groups are what make up your daily calorie in-take. Understanding your calorie needs can determine if you lose or gain weight, while the proportion of macros can determine the amount of lean mass versus fat mass you carry on your body. Once you know your specific calorie needs, you can break those calories down into the right macronutrient ratios based on your goals. Use an online calorie calculator to determine your needs. It will use a standard calorie equation that will take into consideration your age, height, weight, activity level and gender.

"Protein not only helps with development and maintenance of muscle, it also helps stimulate metabolism, and can help control appetite. Protein includes lean beef, chicken, whole eggs, dairy and fish. Carbs are the energising macronutrient. If you're looking to burn off extra fat, the best way to do that is by limiting carbohydrate intakes – specifically simple carbs and switching to high fibre carb options such as green vegetables, root vegetables, fruit and whole grains. This forces your body to access fat preferentially. Last but not least is fat, which can make up the remaining of your calories once you determine the other two. Fats can come partially from protein, but can also come from other foods such as nuts, seeds, avocado, olives, olive oil, dairy, and eggs. Balanced macronutrient ratios of 40% protein, 30% carbs and 30% fats are ideal for weight maintenance and even weight loss if you're super active. If you're looking to lose weight, lower the carbs and up the protein. Want to gain weight? Lower the protein and up the carbs! Consider this as a starting point. It is important to keep these ratios within 5 to 10% of a balanced ratio. Remember, our bodies need all three macro nutrients to function optimally."

VEGANUARY: New vegan menus to try

Four Seasons Resort Dubai



A new plant-based, stand-alone menu – known as Folia, has launched at Four Seasons Resort Dubai. Meaning "from the leaves", Folia has been developed by celebrated Chef Matthew Kenney in partnership with HRH Prince Khaled bin Alwaleed bin Talal Al Saud's KBW Ventures. The conceptual menu's culinary selection includes 12

wholesome, plant-based items including starters, entrées and desserts. The full Folia menu is available in the resort's newly unveiled garden oasis purpose-built for the debut. Folia will also be presented as part of the hotel's wellness menu, available in rooms and suites and designed for the health-conscious traveller.

Folia entrées include green herb tacos filled with roasted squash and king oyster barbacoa; and the signature cacio e pepe kelp noodles with a creamy cashew pepper sauce. The Folia dessert selection includes a savoury coconut cream pie with a delectable macadamia crust. Prices will start at Dhs65 per item. Folia is available Saturday to Thursday from 1pm to 10pm, and on Fridays throughout brunch at SUQ and for dinner from 7pm to 10pm.

Bounty Beets



The team behind Dubai's famed Instagram-worthy restaurant have announced the arrival of a new vegan menu, which is available to order now and is 100% plant-based.

The menu, which was launched for a limited-time in honour of World Vegan Month in November, proved to be such a hit that it's now become a permanent

fixture, accompanying Bounty Beet's already renowned 'pun-tastic' menu which boasts a variety of healthy breakfasts, mains, juices and smoothies.

Crafted by Head Chef Chandika Ratnayaka, the new menu - which will change seasonally - features a host of plant-based options. From the Spec Taco Lar – a zucchini taco shell filled with spiced vegan meat and guacamole to the Flipping Crazy – a zucchini, shitake mushroom, bell pepper and almond pancake served with mango sauce and cauliflower and celeriac puree, this is one menu that is packed with flavour and a true trickery to the taste buds.











5 budget superfood swaps

Eating well on a budget can be challenging. Here we show how to get the nutritional benefits of often overpriced superfoods at a fraction of the cost

words SARAH LIENARD **recipes** SOPHIE GODWIN **nutritional analysis** KERRY TORRENS **photographs** SAM STOWELL

So-called 'superfoods' can be expensive, but you don't need to splash the cash to eat a healthy and balanced diet.

While there is no single 'miracle' food that will give you all the nutrition you need, these cheaper, everyday ingredients are a great way to give your body a nutritional boost. They have a similar nutritional profile to their more costly counterparts.

| SWAP... | | ...FOR |
|---|--|---|
|  | Both these leafy greens are rich in chlorophyll, amino acids and vitamins C, E, B and K. They also contain beta-carotenes, as well as lutein and zeaxanthin (for eye health). But rocket also provides glucosinolates, which help to protect against cancer. Try our recipe, opposite. |  |
| WHEATGRASS | | ROCKET |
|  | Maca root powder and purple sprouting broccoli both come from the cruciferous vegetable family (as do cauliflower and cabbage) and are rich in anti-cancer compounds, as well as calcium, magnesium, iron and vitamin E. Including cruciferous veg regularly in your diet will help to balance hormones, especially oestrogen, and support energy levels. Try our recipe, overleaf. |  |
| MACA POWDER | | PURPLE SPROUTING BROCCOLI |
|  | These are both rich in antioxidants, which protect us from the damaging effects of day-to-day stressors and also help to regulate blood pressure and boost circulation. They are a source of fibre, potassium, vitamin C and B vitamins, including heart-friendly folate. The beetroot leaves are also a good source of vitamin K. Try our recipe at bbcgoodfoodme.com/recipes/beetroot-falafel . |  |
| POMEGRANATE | | BEETROOT |
|  | Both berries contain protective antioxidants, including anthocyanins, which are good for your heart and have anti-ageing properties. They also supply carotenoids, including beta-carotene, which the body converts to vitamin A for healthy skin, eyes and a strong immune system; and lycopene, which protects the skin against UV damage. Try our recipe at bbcgoodfoodme.com/recipes/cranberry-chicken-salad . |  |
| GOJI BERRIES | | CRANBERRIES |
|  | These saturated fats are stable at high temperatures, making them good choices for high-temperature cooking. However, like all fats, they should be consumed in moderation. Butter supplies some of the useful fats (medium-chain triglycerides) that coconut oil is famed for (although at lower levels). Try our buttered sweetcorn & squash recipe at bbcgoodfoodme.com/recipes/buttered-sweetcorn-squash . |  |
| COCONUT OIL | | BUTTER OR GHEE |

Roasted carrot, rocket & lentil salad

SERVES 2 **PREP** 10 mins
COOK 35 mins **EASY** **V**

300g carrots, peeled and sliced lengthways
3 tbsp extra virgin olive oil
½ tsp cumin seeds
1 lemon, zested and juiced
½ tsp honey

½ tsp wholegrain mustard
250g ready-cooked lentils
¼ cucumber, chopped
80g rocket, washed
1 avocado, sliced
50g feta, crumbled

1 Heat oven to 200C/180C fan/gas 6. Toss the carrots in 1 tbsp oil, the cumin seeds and some seasoning. Spread out on a baking tray and roast for 30-35 mins

until soft and charred around the edges.

2 Meanwhile, whisk together the remaining oil, the lemon zest and juice, honey and mustard. Once the carrots are cooked, stir through all the remaining ingredients, then toss through the dressing to serve.

GOOD TO KNOW calcium • fibre • 4 of 5-a-day • gluten free

PER SERVING 596 kJals • fat 35g • saturates 8g • carbs 40g • sugars 14g • fibre 18g • protein 22g • salt 2.1g



Sesame salmon, purple sprouting broccoli & sweet potato mash

SERVES 2 **PREP** 10 mins
COOK 15 mins **EASY**

1½ tbsp sesame oil
1 tbsp low-salt soy sauce
thumb-sized piece ginger, grated

1 garlic clove, crushed
1 tsp honey
2 sweet potatoes, scrubbed and cut into wedges
1 lime, cut into wedges
2 boneless skinless salmon fillets
250g purple sprouting broccoli
1 tbsp sesame seeds
1 red chilli, thinly sliced (deseeded if you don't like it too hot)

1 Heat oven to 200C/180 fan/gas 6 and line a baking tray with parchment. Mix together ½ tbsp sesame oil, the soy, ginger, garlic and honey. Put the sweet potato wedges, skin and all, into a glass bowl with the lime wedges. Cover with cling film and microwave on high for 12-14 mins until completely soft.

2 Meanwhile, spread the broccoli and salmon out on the baking tray. Spoon over the marinade and season. Roast in the oven for 10-12 mins, then sprinkle over the sesame seeds.

3 Remove the lime wedges and roughly mash the sweet potato using a fork. Mix in the remaining sesame oil, the chilli and some seasoning. Divide between plates, along with the salmon and broccoli.

GOOD TO KNOW healthy • low cal • calcium • folate • fibre • vit c • omega-3 • 2 of 5-a-day

PER SERVING 463 kcs • fat 22g • saturates 4g • carbs 29g • sugars 15g • fibre 10g • protein 32g • salt 1.1g



GOURMET LIFESTYLE

*IDYLIC ISLAND
DINING IN THE
MALDIVES, p74*



*CULINARY ADVENTURES
IN FRANCE, p80*

Idyllic island dining

We journey to Anantara Kihavah Maldives to discover this stunning island's unflawed beauty, culinary delights and unforgettable experiences.

By **Glesni Holland**





It's the glimmering turquoise waters - their colour as bright as cerulean blue, that first catch my attention as we begin our descent into Malé Airport. It's only then that it finally hits me that I am in the Maldives for the first time (and, naturally, I let out an involuntary squeal of excitement on the plane.) Islands of all shapes and sizes with snow-white sands and luscious pockets of greenery are dotted along our flight path to the mainland - just a mere selection of the Maldives' 1,200+ islands.

After a 35-minute seaplane journey north of the capital, we arrive at our home for the next few days - Anantara's stunning, private Kihavah island. Translating as "young coconut", it seems only fitting that our welcome to Kihavah - which includes a performance from bodu beru drummers - also features a thirst-quenching coconut, cut from the towering trees above us just moments earlier. Following a super smooth, faultless check-in process, we're soon whisked off by our personal butler via golf buggy in search of our private villa.

Checking in

It's golden hour on the island when we arrive, and as we wind our way through its sandy pathways to the beat of the bodu beru drums - a sundown ritual that takes place daily at Kihavah, we arrive at our home for the weekend. Of the 80 villas available on the island, which range from overwater pool villas with direct sunset views to beach villas with a private pool and direct access to Kihavah's shores, we're staying in the latter during our visit. Suitable for both couples and families alike, accommodation options are aplenty to cater for various party sizes - from one- and two-bed beach villas, to four-bed overwater residences.

Privacy is paramount throughout the island, but particularly in the beach villas. Each villa is enclosed in its own private oasis - sealed off from the public pathways with walled gardens and a large wooden entrance door. Inside and down the garden path is a shaded terrace, private pool and a swinging chair big enough for the two of you to laze on with a morning coffee. We spot the tree-lined pathway through the opening in the hedges, scattered with miniscule geckos by day and low-flying bats by night, which leads us directly onto just one of Kihavah's many beaches. A few more steps, and we find ourselves paddling in the waves and catch a quick snap of the beautiful sunset. So gorgeous, that I now have the very photograph on my bedroom wall - a stunning scape of fluffy lilac clouds contrasting the sky's burnt orange rays.

The villa's interiors are just as spectacular as its exteriors; inside, you'll find an ultra-comfy king-sized bed, a well-stocked Nespresso machine for fuelling those sunrise seekers, and a sketchpad and pencils for those looking to recreate these magical moments on paper.



But the pièce de résistance of the property is undoubtedly the outdoor bathroom to the rear of the villa. Highlights include a heavenly waterfall shower and a double-sized jacuzzi bathtub - all accessible via stepping stones over the villa's very own shallow lagoon.

Dining at Kihavah

When I planned this trip, I had visions of spending the weekend devouring ultra-fresh seafood, juicy tropical fruits and, of course, sipping on countless coconuts - and it seems I wasn't wrong in my predictions. Dining options are aplenty on the island, so whether it's a mesmerising underwater culinary delight with the fishes that you're after, or a romantic candlelit dinner on the beach with your toes in the sand, Kihavah has it all.



In signature Anantara fashion, the Dining by Design is a truly personal experience. A specially devised menu is prepared by a personal chef and served at a table by your butler in your chosen location, whether on an isolated sandbank in the Indian Ocean or on the deck of a private yacht. We opt for the beachside option, and in case a private dinner for two - lit only by hanging lanterns and candles - isn't romantic enough, the heart-shaped table buried in the dunes for your pre-dinner aperitif certainly helps in creating a dream dinner for lovebirds. On the menu, we enjoy a refreshing salmon salad to start, injected with a sharp citrus flavour from the yuzu, lemon and truffle dressing. For main course, the chef prepares a Tajima tenderloin, yielding a marbling score of 7/8. It's caramel-like texture means every bite simply melts in the mouth, leaving a silken finish of beef and butter on the tongue. Served with an Atoll lobster tail and baby vegetables, it's my most memorable surf'n'turf to date. To finish, we're served

GETTING THERE

Emirates Airlines and Etihad Airways both have daily flights from the UAE to Velana International Airport in Malé, the Maldivian capital. Kihavah will assist in arranging seaplane transfers from Malé to the island.



With its unflawed beauty, impeccable service and outstanding dining experiences, Kihavah truly has it all and more.



a lovely light cheesecake, delicately flavoured with strawberry and served with a strawberry and lychee sorbet.

Lunch the next day is served in Kihavah's underwater restaurant, SEA. As we arrive on the jetty to the land-level bar, we enjoy picturesque, 360-degree views of the island and its surrounding waters, before we make our way under the sea. I count just eight tables (including our large table, seating 7 people) in the entire restaurant, so it certainly has an exclusive feel. It's also the only fully-indoor restaurant on the island, but I'd certainly sacrifice an afternoon of sunshine to experience the deep blue. As we take our seats, we're greeted with a welcome from both the waiting staff and their trusty marine life friends - who surround us in the glass-encased, hexagonal restaurant. During our meal, we're fortunate enough to see the likes of baby sharks, sea turtles and colourful schools of fish gliding past just a short distance from our table, as we consult the "Reef Fishes of the Maldives" book that



is strategically placed on our table to familiarise ourselves with the vast range of breeds swimming by.

We opt for the Sea Sparkling Lunch menu - a four-course selection with beverage pairings that offers an extensive choice of both land and sea dishes. Don't miss the seafood platter for main course; a light, refreshing taste of the ocean waters, featuring small servings of reef fish, yellowfish tuna, scallops, prawns and lobster, served with a swirl of rich, nutty romesco sauce. We gladly spend the afternoon spying every passing "Nemo" and "Dory" and learning about the resort's conservation efforts from the restaurant staff. It's my personal highlight of Kihavah's dining offerings, and one that I can't recommend enough. Unsurprisingly, many guests from neighbouring islands make the journey to Kihavah to enjoy it for themselves!

Those looking for an out of this world experience (quite literally) should pay SKY a visit; Kihavah's stargazing deck. Here, we enjoy a private astrology session, courtesy of the island's sky guru,

Shameem. As we tuck into our three-course meal, which consists of a trio of Atoll lobster, a duo of wagyu beef, and a strawberry meringue spheer, he talks us through each star's story. Later, we peek through the Maldives' most powerful telescope and see the moon up close and personal in all its fine detail.

Island living

As I make my way around the island, (which takes approximately 20-minutes on foot, much less on your personalised bicycle) I understand why many say they "don't get bored" in the Maldives. For those who like to stay active during their vacation, Kihavah offers Muay Thai classes for guests, plus access to tennis courts and a fully-equipped fitness centre. For the creative minds, there's a beachside art class with the island's resident artist, or a cooking class for those looking to try their hand at authentic Maldivian cooking.

But the island's main attraction for holidaymakers is its stunning house reef, affectionately known by the locals as the Golden Wall. Simply slip on your snorkel and venture from your villa straight into the waters, and within minutes you'll be in full view of the surreal beauty that lies beneath. For the watersport lovers, venture out into the deep blue aboard a jetski, paddleboard

5 THINGS TO DO AT ANANTARA KIHAVAH MALDIVES

Enjoy a movie under the stars

Kihavah's outdoor cinema offers guests a movie experience like no other. Enjoy a menu of selected bites, from oysters, wagyu beef burgers and citrus scallops - not forgetting the popcorn, too - as you recline under the Maldivian sky with a film on the big screen.

Swim with manta rays

Book onto a snorkel trip and get up-close to stunning manta rays in the protected environment of Hanifaru Bay. These magical creatures certainly aren't shy, and can often be spotted gliding close to the surface to greet the snorkelers.

Hire a jetski

Thrill-seekers will be pleased to hear that there is ample space for an exhilarating ride across Kihavah's surrounding oceans at top-speeds. It's also a great excuse to check out the neighbouring islands.

Try aerial yoga

Find your zen hanging upside down on the beach as the sun comes up - what better way to start the day?!

Attend a cooking class

At Kihavah, guests can choose between a Maldivian or Thai cooking class at Anantara's signature culinary activity, Spice Spoons.



or kayak, or dive beneath the surface with a jetpack seabob - an environmentally friendly jetpack that allows you to move at speed while discovering the island's marine life.

For those looking to relax and rejuvenate, pay a visit to Kihavah's overwater spa - which was undergoing major refurbishment during our visit. Nevertheless, its glass-bottomed floors beneath treatment beds for those all-day ocean views are not to be missed. We also enjoy the signature in-room slumber guru experience; an evening villa ritual that begins with a 90-minute massage on the terrace, before making your way to the rose-petal adorned bathtub, lit only by candles, for a long hot soak before bed. Kihavah also has a Deluxe Spa Pool Villa onsite, that offers guests a dedicated spa therapist and unlimited daily spa treatments. Now that's what I call R&R!

Memories to last a lifetime

With its unflawed beauty, impeccable service and outstanding dining experiences,

MEET THE CHEF

Joao Costa, Executive Sous Chef

We hear that you've just opened a new restaurant on the island - how exciting! Tell us more about SPICE and what diners can expect...

We opened our new restaurant, SPICE, at the end of September, which focuses on Asian and Indian ocean gastronomy. SPICE is designed as an open kitchen restaurant, where we can showcase all the "actions" and "flames" which are the popular signature of Asian cuisines.

Which must-try dishes would you recommend for our readers looking to visit SPICE in the future?

For those who enjoy Thai cuisine, I'd recommend the Som Tum Gai Yang (green papaya salad) and Yam Som-O (vegetarian pomelo salad) for starters, the traditional Pad Thai Goong (stir-fried rice noodles with prawns), Gang Kiew Wan Gai (Thai green chicken curry) or grilled live Maldivian lobster for main courses. If you are more into Indian cuisine, Jingha Til Tikka (spicy marinated tiger prawns), and the Murgh Makhani (butter chicken) with a freshly baked naan bread from our live tandoori oven would be my recommendation. And to have a sweet ending with your meal, the Thai coconut treat or a saffron delight are irrefutable.

As an island destination, how often are you importing fresh ingredients for the kitchens?

We get many of our supplies from the Maldives and some neighbouring countries around a couple of times a week. These fresh ingredients can be tasted in all of our food, from vegetables to seafood and meat. All of the products that we serve at Anantara Kihavah have the consistent quality and freshness that you would find in a city hotel location.



Are there any ingredients that you struggle to source that you wish were more accessible for your dishes?

No, in fact we can get more variety of product than some places around the world. Due to the great location of the Maldives standing close to South East Asia, the Middle East, India and Sri-Lanka, we can import almost all desired ingredients, and that brings a great opportunity to deliver the highest culinary experience to our guests.

Which ingredients do you grow onsite at Anantara Kihavah that guests can find in their dishes?

We have our own organic garden where we grow almost all aromatic herbs and leaves, from the local curry leaves to fresh basil, thyme, rosemary, dill, Thai sweet basil, micro herbs, arugula, baby spinach and a variety of chillies.

Are guests able to enjoy authentic Maldivian cuisine at restaurants on the island?

Guests can immerse themselves in authentic Maldivian cuisine with our lunch menu in our Manzaru restaurant, in which we offer the indigenous curries of Maldives; the Dhon Riha (traditional tuna curry cooked with coconut milk, curry leaves and Maldivian chili) and the Kukulhu Riha (spicy chicken curry with Maldivian curry powder and coconut milk). Additionally, we also provide traditional Maldivian dishes at our buffet breakfast at Plates, which local people usually have to start their day.

Kihavah truly has it all and more. As my first (and hopefully not the last!) trip to the Maldives, my time spent here will forever hold a special place in my heart - and that is all down to the incredible memories made on the island. For an escape that will

undoubtedly leave you feeling carefree, rejuvenated and stunned by nature's best kind of beauty - Kihavah awaits.

Stay
Call: +960 664 4111
Email: reservations.maldives@anantara.com
Visit: anantara.com/en/kihavah-maldives

TRY AT HOME

Sample two signature dishes from the menu at newly-opened SPICE.

Gaeng Kiew Wan Gai (Thai green chicken curry)

SERVES 2 PREP 45 mins

COOK 25 mins

550g chicken thighs,
cut into thick strips
150ml coconut milk
400ml light coconut milk
220g pea eggplants, stems removed
200g Thai round egg plant,
cut into 4
5 kaffir lime leaves, shredded
10g Thai basil leaves
80ml fish sauce
75g palm sugar
50ml oil
15g spur chilli, diagonally cut
2 bird's eye chilli, chopped finely
For the curry paste
100g green bird's eye chilli (stems/
seeds removed)
50g spur chilli (stems/seeds
removed)
40g shallots, chopped
40g garlic cloves, chopped
30g galangal, chopped

40g lemongrass
35g Kaffir lime zest
40g coriander roots, chopped
35g shrimp paste
20g black pepper powder

- 1 Prepare the paste by combining the ingredients in a blender.
- 2 Marinate the chicken with the paste. Leave for 45 minutes.
- 3 Add oil to a pan and begin to stir fry the remaining curry paste. Add the chicken and cook until all ingredients are fried.
- 4 Turn down to a low-heat and pour in the light coconut milk. When simmering, add all vegetables, kaffir lime leaves, both eggplants and spur chillies. Boil until all ingredients are cooked.
- 5 Add the fish sauce and season well.
- 6 Taste the curry and adjust the spiciness to your preference. If the curry is too spicy, add more coconut milk and add Thai basil leaves.
- 7 Serve the curry in bowls and garnish with Thai basil leaves and coconut milk.



Som Tum Gai Yang (green papaya salad)

SERVES 2 PREP 45 mins

COOK 25 mins

650g green papaya (cut into
thick strips)
100g cherry tomatoes (cut in half)
65g long green beans (cut to
3 cm long)
40g dried shrimps
40ml fish sauce
30g garlic cloves
50ml lime juice
50g palm sugar
45g peanuts
2 bird's eye chillies
10g tamarind paste
For the chicken
350g chicken thighs
60g paste (coriander roots,
3 cloves of garlic, dash white
pepper)

40ml soy sauce
40ml oyster sauce
40ml palm sugar
35ml oil

- 1 Prepare the paste by pounding the coriander roots, garlic and white pepper in a mortar.
- 2 Marinate the chicken with the paste, soy sauce, oyster sauce, palm sugar and oil for 45 minutes.
- 3 Peel the green papaya and cut in julienne.
- 4 In a mortar, pound the garlic and chili, then add the papaya, lime juice, fish sauce, palm sugar, tamarind paste, dried shrimps, green beans and cherry tomatoes.
- 5 Once all ingredients are roughly crushed, transfer to a serving plate and garnish with crushed peanuts.
- 6 Grill the chicken and cut into slices.
- 7 Serve the sliced chicken on side of the salad.



PAYING FROM AGE TO TRADITION

We set out on a culinary journey through France to discover one of the country's most treasured products – cheese.

By **Giorgia Guantario**

Nestled between Albertville and the astounding Mont Blanc massif, the valley of Beaufortain in the region of Savoie, France is a mecca for skiers and winter sports aficionados. However, over the summer months, the region favours a different kind of tourism, one founded on one of the country's most treasured products – cheese. In 2019, France's revenue in the cheese segment amounted to over US \$11m, making it the first in Europe and third globally, whilst the average per capita consumption stands at 17.9 kg in 2019, 15 kg over the global average, as revealed by Statista. There's no doubt the French love cheese.

It is during a bright and warm day in August, amongst a herd of Tarentaise cows grazing undisturbed in one of Beaufortain's biggest Alpagnes, that I find out the secret ingredients that make French cheeses some of the best in the world: tradition and heritage. "Being an Alpagist is not a job, it's life," tells us Christian Juglaret, owner of the vast alpine pasture.

Juglaret is the president of the Coopérative Laitière de Haute-Tarentaise and an established producer of Beaufort, a flowery and buttery cheese named after the valley. As his father before him, he has dedicated his life to cheesemaking and lives in a chalet on the Alpagnes from June to November, which is when the temperature drops and the herd is brought back to its barns. A true Alpagist, Juglaret milks his cows twice a day, from the early hours until later in the day, before transporting the fresh milk to the production site in Bourg-Saint-Maurice, a small town at the bottom of the valley. To maintain the high mountain pasture's precious biodiversity and prevent bushes from growing, the Alpagist needs to move the herd constantly – the Beaufort draws all its finesse and aromas from the grasslands and preserving the Alpage is a top priority for Juglaret. "Back in the day, when we produced Beaufort on site, the cheese had a different flavour depending on the location of the grazing. The cheese fully reflects what the cows are eating," he explains.

As soon as the morning milking is finished, the milk is brought by truck to Bourg-Saint-Maurice to start the production of cheese. The Coopérative Laitière de Haute-Tarentaise is fully owned by 52 breeders who vowed to preserve the ancestral agropastoral practices and to respect traditions passed down from generation to generation.

One wheel of Beaufort requires 400 litres of milk, and the final product can weigh between 40 and 42 kgs. Imposing copper vats contain the



liquid, which is then mixed with rennet to separate milk into solid curds and liquid whey. After that, the cheesemakers will heat the curd to 54 degrees while constantly checking for the right texture. The cheese is then placed in traditional wooden moulds, pressed and salted to add taste and drain excess water. The Coopérative Laitière de Haute-Tarentaise can store up to 20 thousand wheels at the same time, ageing for about eight to twelve months, depending on the season.

The Beaufort d'été, made during summer, is very different from its winter counterpart both in flavour and texture: while the winter product is milder and softer, the summer Beaufort, thanks to the biodiversity of the Alpagnes, has a stronger and more flowery flavour, with a hint of acidity, and a buttery, yet firm texture. Depending on preference, both are perfect for a variety of different recipes, from cheese platter and fondue to pies, soufflés or salads.

West of Bourg-Saint-Maurice and the Coopérative Laitière de Haute-Tarentaise, a quiet Cistercian monastery rests in the green Bauges mountain range. Here, a community of 24 Trappist monks produces 400 kg of cheese every day, 160 tons a year – a thousand times less than the popular Comté. The Abbaye de Tamié, named after the Abbey, is a small cheese distinguished by the saffron colour of its crust, covered with a light white down once aged. Just like the Beaufort, the Abbaye de Tamié follows a longstanding tradition, and it's only made in this small monastery in the Savoie region. The

HOW TO CHOOSE THE BEAUFORT:

Look for the AOP label

In 1968, the Beaufort was first certified as an appellation d'origine contrôlée (AOP), meaning its production holds to a rigorous set of standards. Whether it's summer or winter Beaufort, or even the rarer Beaufort Chalet d'Alpage, the cows must only be fed local grasses in order to maintain its typical flavour.

Beaufort AOP, produced in the winter months, requires milk coming from cows that are fed hay made from the grassland where they graze in summer. Beaufort d'été AOP, produced from June to October, may only come from cows grazing in the Alpage. The rarest and arguably most delicious of the three, the Beaufort Chalet d'Alpage AOP follows even stricter standards – this grade must be fully produced in high mountain pastures above 1500 meters, from the milk made by a single herd of free grazing cows. The AOP or AOC labels guarantee the methods and ingredients employed in the production of the cheese follow an established tradition that makes this product unique.



Abbey was founded in 1132 to welcome pilgrims and develop agriculture in the region, and its cheese tradition dates back to 1830. Today, it is one of only three French monasteries that produce and age their own cheese. The Abbaye de Tamié recipe originated from 19th century Cistercian monks at Notre Dame du Port-du-Salut Abbey, where the homonymous semi-soft, creamy cheese, Port du Salut, was produced. However, the Tamié today is much more similar in

style to the famous Reblochon, or to the Tomme de Savoie.

"We have been working hand in hand with the same farmers for over a century to make sure we only get the highest quality milk. To honour tradition, the milk is not pasteurised nor skimmed during production," explains Brother Nathanaël, director of the Abbey's fromagerie. Brother Nathanaël studied at one of France's renown dairy schools and has applied his extensive experience to the production



“

Back in the day, when we produced Beaufort on site, the cheese had a different flavour depending on the location of the grazing. The cheese fully reflects what the cows are eating.

”

of Tamié for over 36 years. “Cheesemaking is a perfect fit to monastery life – we dedicate our days to masses, contemplation and cheesemaking,” he explains. He also highlights that cheese production is the main source of income for the monastery, and as such the monks have been perfecting their production to automate anything repeatable and save time and resources.

The Abbaye de Tamié is made in the morning with fresh raw milk and unmoulded later in the afternoon. Once salted for one to three hours to add taste and form a light crust, the small 1.4 kg or 580 grams wheels are placed in the caves underneath the 17th century monastery. These caves maintain a temperature of 13-14 degrees, with humidity reaching 95 percent. The Tamié is then left to age for about 4 to 8 weeks, to develop a mild and perfumed taste and creamy texture.



Try at home:

Pistachios and dates Fontainbleau

Try this light and delicious creamy white cheese dessert, a staple of French cuisine that dates back to the 18th century, with a Middle Eastern twist.

PREP 15 mins

500 ml whole liquid cream
500 ml white cheese
2 tbs honey
5 dates
Crushed pistachios

- 1** Whip the cold liquid cream in a steel bowl for two or three minutes, until firm.
- 2** Gently stir in the white cheese in circular movements from the bottom up to allow air into the cream. Stir in the honey.
- 3** Pit and slice the dates to decorate.
- 4** Using an ice cream scoop or spoon, transfer the mix in small bowls.
- 5** Sprinkle with crushed pistachios and top with dates.

TIP: Place the steel whisk and bowl in the fridge before whipping the cream to ease the process.

COMPETITIONS

Fabulous prizes, from dining vouchers to gourmet goodies, up for grabs.



WIN!

A FRIDAY BRUNCH FOR 4 AT ASIA DE CUBA! WORTH DHS1380

The famed El Patio Friday brunch is a weekly Chino-Latino affair that promises to whisk diners away to the heart of Latin America through world-class cuisine. Set across the

restaurant and terrace, El Patio transforms Asia de Cuba into the bustling streets of 1950s Cuba with energetic and exquisite food stations. Enjoy Cuban-inspired stations, sushi and ceviche bars and so much more.



WIN!

A ONE-NIGHT STAY FOR 2 AT DUKES THE PALM! WORTH DHS1000

One lucky winner will walk away with a one-night stay for 2 people this month at Dukes The Palm, a Royal Hideaway Hotel. The winners

will enjoy a complimentary buffet breakfast at the Great British Restaurant, as well as stunning Dubai Marina views from the hotel's luscious pool area, complete with a lazy river to enjoy a relaxing weekend for just the two of you.



WIN!

A ONE-NIGHT STAY AT GRAND PLAZA MÖVENPICK MEDIA CITY, INCLUDING FRIDAY BRUNCH! WORTH DHS1000

Friday brunch at Grand Plaza Mövenpick Media City takes place every week at Verve Bar & Brasserie

– the hotel's chic brasserie that spotlights modern European cuisine with classic favourites. Led by multi-award-winning chefs, Nick and Scott, the brunch focuses on delivering simple yet great food, using only the best and freshest produce, with some dishes prepared tableside for guests to engage in an interactive gueridon service. Enjoy all of this plus a one-night stay at this five-star hotel this month.



WIN!

A VOUCHER TO SPEND AT OPSO! WORTH DHS500

OPSO Dubai, the modern-Greek eatery from London has recently opened in the new Fashion Avenue extension at The Dubai Mall. Its carefully-crafted menu has been

inspired by traditional and contemporary Greek tastes complemented by a resplendent setting. This month, one lucky winner has the opportunity to win a DHS500 voucher to spend on their delicious offerings!



WIN!

AN ABSTRACT WOODEN BOX FROM BATEEL! WORTH DHS520

Recognised worldwide for exquisite presentation and elegant gourmet products, Bateel draws on modern designs with a traditional twist, taking inspiration

from the brand's rich heritage and passion for crafting unique and beautiful packaging. Finely crafted and intricately hand-painted, the Abstract wooden collection presents a unique multi-coloured gift box with striking gold accents that complement the vibrant shades of vivid greens, orange and rich purples. The artistic and intricately designed wooden boxes are filled with a selection of organic and filled dates promising to delight one and all.



WIN!

ONE OF TWO SABA KOMBUCHA HAMPERS! WORTH DHS500

Founded in 2019 by a probiotic power team; Vincent and Sabrina created Saba Kombucha, the first of its kind in Dubai. The locally brewed

fermented tea contains probiotics and electrifying enzymes that keeps the gut, skin and energy in check while tasting delicious at the same time! Unlike any other kombucha, Saba Kombucha uses 100% raw, organic, low sugar and unpasteurized ingredients that have amazing health benefits for the body.



WIN!

A DINING VOUCHER TO SPEND AT SEGRETO! WORTH DHS500

Experience the 'Italian Delights' special menu this month, crafted by the award-winning team from Segreto – the popular fine dining Italian restaurant at

Souk Madinat Jumeirah. This delicious three-course set menu includes a range of Italian favourites; try the Mozzarella di bufala alla Caprese (buffalo mozzarella, beef tomato, basil pearls) or Fritto di Calamari e gamberi (fried squid and prawns, salsa verde) to start; indulge in Gnocchi di patate alla Sorrentina (potato gnocchi, fresh datterino and mozzarella) for mains, and head for a sweet finish with Panna cotta alla vaniglia (vanilla panna cotta with raspberry sauce). The is available on Fridays and Saturdays from 12pm to 6pm and weekdays from 6pm.



To be in with a chance of winning these prizes, visit our competitions page on www.bbcgoodfoodme.com, or simply scan this QR code with your mobile to directly to the website.

*Terms & conditions apply. Employees of CPI Media Group and entrants below 21 years old are not eligible to enter. Winners will be selected on random basis from correct entries.

3 RECIPES OF FLAVORED BUTTER
CREATED BY

CHEF WASEEM ALEISA

In Europe, and particularly in France, butter is inseparable from gastronomy. It clearly represents a certain way of life, and despite the evolution of eating habits, it remains essential for cooks and chefs. Enter a kitchen, and look for butter... it is never far away. Trends change, culinary techniques evolve, but it remains the favorite ingredient of chefs. Ingredient they like to transform in their own way...

ZAATAR BUTTER

200 g sweet butter - 50 g zaatar - 3 g chopped garlic - 5 g thyme
5 g smoked paprika - 5 g lemon zest - 5 g orange zest

In a mixing bowl, mix together the softened butter and all the ingredients. Shape, cling film on contact, and store in the refrigerator.

DATE BUTTER

200 g softened butter - 100 g pitted dates - 3 g of mastic gum

Soak the mastic gum in 2 cl of warm water for 1 hour. Finely chop the dates.

Mix all ingredients thoroughly, shape, cling film on contact and store in the refrigerator.

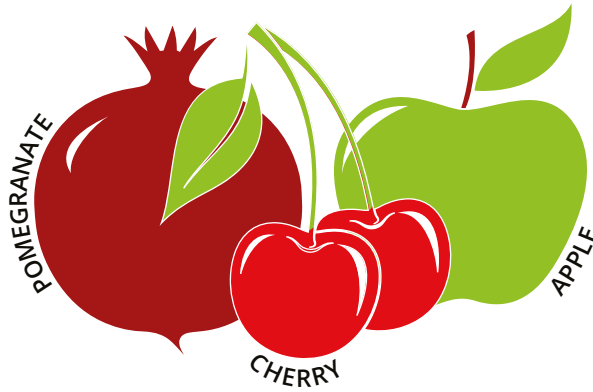
CARDAMON BUTTER

200 g softened butter
3 g cardamon powder

Mix all ingredients thoroughly, shape, cling film on contact and store in the refrigerator.

FLAVORED BUTTER





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